

TX 715
.S857
Copy 1

The
Eastern Shore
Cook Book

THE
Eastern Shore Cook Book,
OF MARYLAND RECIPES.

COMPILED FROM SIGNED AND TESTED RECIPES
BY THE EPWORTH LEAGUE OF THE STILL POND, MARYLAND.
METHODIST EPISCOPAL CHURCH.

Published by the League, June, 1916.
Revised Edition, December, 1919.

MRS. WILLIAM MEDDERS, Chairman of Committee,
OF EPWORTH LEAGUE CABINET.

Wilmington, Delaware,
Hubert A. Roop, Printer, 604 Market Street.
1919

TX715
S857

Copyright, 1919,
By the Epworth League of Still Pond Methodist Episcopal Church,
Still Pond, Maryland.

3

DEC 18 1919

©Cl.A559088

P R E F A C E

TO THE Woman whose blessing it has been to live on the Eastern Shore of Maryland there is something indescribably fascinating in any Cook Book. Given a compilation of Kent County recipes, and a true house-keeper's cup of joy is full. The beckoning opportunity and prophetic challenge of every new recipe, added to the certainties of the tried and proven ones, stimulate ambition to the noble achievements of culinary art, surpassing even the triumphs of a region already justly proud of its good things to eat.

The Epworth League of the Still Pond M. E. Church in presenting this Cook Book does not claim to have included all the cooking formulas that have made the Eastern Shore celebrated for its living, but it does assure its patrons that within its pages will be found such recipes, as are representative of Kent County and guarantees them all to be tested and proven ones. The League begs to thank all who have contributed recipes and co-operated in the work of producing this book.

To all who have encouraged the League; to all who have made the labor of preparation lighter in any way; to the printer of these pages for many valuable suggestions and a scrupulous accuracy and discriminating taste; hearty thanks are given.

Better dinners, better digestion, a long life to all.

STILL POND METHODIST EPISCOPAL CHURCH is the oldest continuously organized society of Methodists in the Delmarvia Peninsula. The great organizer of Methodism, Francis Asbury, established a preaching place here in 1772. Worship has been maintained without interruption from that date until the present time, therefore, the church has a history covering a period of 147 years. The original church was erected before Washington was first made President of the United States. In 1852, the old church was replaced by a brick edifice, which, remodeled and refurnished in 1882, with additional improvements in 1912, stands as you see it to-day.

This church extends a welcome to all its services.

Rev. A. W. GOODHAND, PASTOR.



Still Pond, Maryland, M. E. Church.

BREADS

Liquid Yeast.

Take four medium-size potatoes, two tablespoonsful of sugar, one tablespoonful flour, one teaspoonful salt. Boil potatoes until thoroughly cooked, mash, add flour, sugar and salt, then thin with water in which potatoes were cooked. When lukewarm add one Magic yeast cake or a good home-made one, and set in warm place until it has thoroughly risen.

MRS. W. D. P.

Yeast Cakes.

Make yeast as above and when risen mix with enough cornmeal to make out in stiff cakes. Make about size of small biscuit and place in sun to dry. Turn when dry on one side so both sides may dry thoroughly.

MRS. JARRELL.

Light Bread, No. 1.

One quart flour, teaspoonful sugar, salt, to taste; lard, size of walnut; one teacupful home-made potato yeast, one teacupful lukewarm water. Work well and let rise in warm place to double its size; work down and let rise again to double its size. Make out in two loaves or two and one-half dozen rolls. Grease, let rise and bake. Grease again when taken from oven and let cool without covering.

MRS. J. H. K.

Egg Rolls.

Sift four level teaspoonfuls of baking powder, one-half teaspoonful of salt with one quart of flour; rub in one tablespoonful of shortening. Beat one egg, add one and a half cupfuls of milk, stir into the flour, knead quickly, roll into sheet a quarter of an inch thick, cut with a large round cutter, make a depression in centre of each with a wooden spoon, brush baking pan, brush top with milk, and bake in a quick oven 20 minutes. Serve hot.

HOPE HACKETT.

Pocketbook Rolls.

One pint milk, two tablespoonfuls of sugar, one tablespoonful of lard. Put on stove, let come to boil, when cool add flour and one-half cupful yeast. Mix very stiff, let rise like light bread.

MRS. ATWELL.

Maryland Biscuits, No. 1.

Ten cupfuls flour, one cupful lard, two teaspoonfuls salt, cold water to make very stiff dough. Beat half hour. Mold, prick with fork and bake 25 minutes in hot oven.

MRS. JANE HOWARD.

Maryland Biscuits, No. 2.

Take nine cupfuls of flour, one cupful of lard, one teaspoonful of sugar, one-half teaspoonful of yeast powder, salt to taste. Make up stiff with cold water, grind four times through a meat grinder, working thoroughly between each grinding, or beat thirty minutes. Mold, prick with fork and bake 20 minutes.

S. A. PRICE.

Rice Pone.

Two cupfuls cornmeal, one cupful hot boiled rice, two eggs, one cupful milk, one-half cupful water, two tablespoonfuls sugar, one teaspoonful salt, two tablespoonfuls lard, melted before using and put in hot; two teaspoonfuls yeast powder.

NANCY PRICE.

Corn Pone, No. 1.

One egg, one pint milk, one tablespoonful sugar, one heaping tablespoonful lard, one pint meal, one heaping teaspoonful baking powder. Mix together and bake in quick oven.

LINDA BONWILL.

Corn Pone, No. 2.

One-quarter cupful meal, one cupful scalded milk, four teaspoonfuls yeast powder, one teaspoonful salt, one teaspoonful butter, one-half cupful boiling water, one egg. Mix salt, butter, boiling water and sugar. Scald meal with milk; add yolk of egg, add white well beaten; last, add yeast powder. Bake 20 minutes. One-quarter cupful of hominy or rice may be added if desired.

MRS. LOUISE TRAVERS.

Buckwheat Cakes.

One pint of buckwheat, one-quarter teaspoonful of salt, water enough to make a good batter and a half cupful of wet yeast. Let raise over night and in the morning add one spoonful of syrup or molasses. NELLIE H. PRICE.

Corn Slappers a la Eastern Shore. X

One cupful white cornmeal, one egg, one and one-half cupfuls sweet milk, salt to taste. Beat egg well, add milk and meal, let stand five or ten minutes, then fry by spoonfuls on greased griddle. This quantity is sufficient for two persons. MRS. M. R. WILSON.

Potato Buns.

Dissolve one cake Fleischman's yeast and one tablespoonful sugar in one cupful milk, scalded and cooled; add one-half cupful mashed potatoes, two cupfuls sifted flour. Stir well, let rise about half-hour and add one-half cupful lard or butter, one egg, creamed, and two and one-half cupfuls sifted flour, enough to make dough that can be handled. Cover; let rise two hours until double in size; form into buns; place in greased pans and let rise one and one-half hours. When light bake about 20 minutes. If lard is used instead of butter, add one-half teaspoonful salt. K. HOWARD.

Mrs. Turner's Irish Bread.

Two eggs, two cupfuls sweet milk, one cupful of melted lard or butter, one cupful yeast, two tablespoonfuls sugar, salt to taste and flour sufficient for stiff batter. Beat thoroughly. Bring milk to boiling point, but do not boil. Set aside to cool. Beat eggs together, add sugar and part of warm milk, with flour to make a smooth batter; then melted lard. When this is thoroughly beaten in, add yeast and balance of flour to make stiff batter that will drop from the spoon. Half of this quantity makes a loaf large enough for a family of four. Bake three-quarters of an hour in moderate oven. Start this about 11 o'clock for the evening meal. MRS. M. R. WILSON.

Muffins.

One-third cupful butter, two cupfuls flour, two teaspoonfuls sugar, three-quarters cupful milk, one-quarter teaspoonful salt, one large table-spoonful baking powder, one egg. Bake in muffin tins 20 minutes. This recipe makes one dozen.

MRS. F. B. HARPER.

Tea Biscuits.

Two cupfuls flour, one and one-half teaspoonfuls yeast powder, little salt, one tablespoonful butter. Make as soft as can be handled well and handle as little as possible. Use cold water to mix.

ALICE H. COLEMAN.

Johnny Cake (Originally Called Journey Cake).

One-half gallon cornmeal and two level spoonfuls salt. Make stiff dough by pouring warm water over meal. Let stand all night in moderately cool place. In morning add one-half pound lard, melted, but not hot. To cook, have a smooth board about 18 inches long and 6 inches wide. Scald board and leave wet so dough will adhere. Place dough on board to the thickness of one inch. Place board lengthwise before open fire until it browns. Then run knife under cake, turn on a table, putting on board again and placing before fire to brown the other side. To serve cut in slices four inches wide.

MRS. MARY E. DAVIS.

Potato Rolls.

Two cupfuls mashed potatoes, one-half cupful lard, two eggs, one-half cupful yeast, sugar and salt to taste. Set to lighten, then add flour enough to make soft dough. When light, make out in rolls and lighten again.

M. K. ROSEBERRY.

Rusks.

Three eggs, one and one-half cupfuls sugar, three cupfuls milk, one tablespoonful lard, one cupful of yeast, a little salt and nutmeg. Make the sponge light and let rise like bread.

MRS. ELWIN FORD.

Corn Fritters.

To one quart of grated corn, two eggs beaten separately, two tablespoonfuls of sweet cream, two tablespoonfuls of flour, salt and pepper to taste, a small pinch of bread soda, add the beaten whites of the eggs last.

MRS. HARRY DAVIS.

Apple Fritters.

Three eggs, one pint milk, one and one-half cupfuls flour, one teaspoonful Rumford yeast powder, two tea-cupfuls chopped apples. Beat the whites and yolks of eggs separately. Stir milk in with yolks, add flour, which has been mixed with yeast powder; put in a little salt; lastly, whites of eggs. Beat all together very hard and fry at once. Serve with butter and sugar. The same batter may be used for all fruit fritters. L. E. BIRCH.

SOUPS.**Poor Man's Vegetable Soup.**

A delicious soup can be made from the trimmings of an ordinary sized steak, if there is a small piece of marrow bone in it, and the bone of a smoked or sugar cured ham. The ham bone gives an unusual flavor, very pleasing, and the scraps of fresh meat give the richness. Half a cupful each of white potatoes, sweet potatoes, corn, tomatoes and finely cut cabbage, added after the bones and water (about two quarts) have boiled half an hour. Good soup depends largely upon the seasoning. Half an onion, chopped fine with parsley and celery, gives a good flavor, but if one can get dried thyme the soup is indeed savory. Vegetable soup ought to cook not less than one hour after the vegetables go in, but the longer the better. Just before putting the vegetables in, two tablespoonfuls of rice or barley should be added. MRS. R. D. MOORE.

Vegetable Soup.

Cut all the lean meat from a ham bone, add about a quart of water. Cut one onion in small pieces, add two large potatoes, cut in dice, and one pint of tomatoes, salt and pepper to taste. Let cook about one hour and serve hot. MRS. WALTER MOFFETT.

Noodle Soup.

Put shin bone on early in morning in cold water. Skim off any froth that comes to surface. Add salt, pepper,

onion and celery or parsley. Later add a few tomatoes. Put in noodles about one-half hour before serving and let cook slowly.

MRS. CHARLES WALTER.

Celery Soup.

Two cupfuls finely cut celery (outer parts preferred), three cupfuls cold water, butter size of walnut, three cupfuls milk, salt and pepper to taste. Boil until very tender, an hour is not too long. Then add milk, and let it come to boiling point, when, with butter and seasoning added, it is ready to serve.

O. H. M.

× Peanut-Butter Soup.

Three cups of milk, one cup of hot water, one-half cupful of peanut butter, one teaspoonful of salt, one-half teaspoonful of nutmeg, one teaspoonful of cornstarch, a dash of pepper. While the milk is heating mix the peanut butter with the hot water until smooth; then add to the boiling milk; mix the cornstarch with a little cold milk, and add to the hot milk; add the salt, pepper and nutmeg; boil for three minutes. Serve with small crackers.

O. H. M.

Mock Bisque.

One can tomatoes, one-quarter teaspoonful soda, one-third cupful butter, one quart milk, one-third cupful flour, three teaspoonfuls salt, one-quarter teaspoonful pepper. Cook the tomatoes until soft, press through a strainer, and add soda to pulp. Melt the butter in a saucepan, add flour, salt and pepper. Add milk slowly, stirring constantly until it thickens, add the tomato juice and reheat, but do not let it boil.

EDITH W. BELL.

Bean Soup.

Wash thoroughly, soak over night in plenty of cold water. Put on in morning with piece of bacon and cook several hours. Half hour before serving add a few potatoes cut in small pieces, pepper and salt, later add drop dumplings or noodles. Cook until done and serve.

MABEL NORRIS.

Potato Soup.

Six large potatoes, one-half pint water, two and one-half cupfuls milk, two heaping tablespoonfuls butter, one

tablespoonful flour. Boil six large potatoes (sliced) with just enough water to cook well and so there will be about one-half cupful water in kettle when potatoes are done. Put through ricer, then add one-half pint of water, in which potatoes were boiled, the two and one-half cupfuls milk and season with celery-salt or parsley, salt and pepper and butter. Mix tablespoonful of flour and little milk together and add to boiling soup. MRS. E. C. HEPBURN.

FISH.

Fried Fish, No. 1.

Clean and wash fish well. Sprinkle with salt and pepper. Dust well all sides of fish with cracker crumbs and fry in hot lard. MRS. WM. STANLEY.

Fried Fish, No. 2.

Clean and wash fish. Season with salt and pepper. Dip fish well in either flour or corn meal and fry in hot lard. MRS. WARNER GEARY.

Boiled Rock With Egg Sauce.

Wrap rock in large cloth, drop in boiling salted water for about 30 minutes. Take immediately out of water, place on dish and surround with sauce made as follows: Boil hard six eggs, remove and mash fine the yolks. Add two tablespoonfuls of butter, one-half teaspoonful of salt, one-quarter teaspoonful pepper, one-half teaspoonful mustard. Have a pint of hot milk, cut whites of eggs fine and when milk begins to boil, add the other mixture, and the whites, stirring all the time to prevent lumping. When thick pour over the fish. EVELYN HARRIS.

Baked Fish.

Carefully wash and dry fish, put in stuffing and sew up opening. Cut gashes each side of fish and lay piece of salt pork in each cut. Dredge with salt, pepper and flour and lay in a baking dish, placing slices of salt pork under, around and over fish. Serve with brown sauce. Garnish with slices of lemon and sprigs of parsley. I. C. S.

Planked Shad.

Take large shad, split down the back and take out backbone. Have hardwood board, hickory preferred. Heat thoroughly hot in oven. Take out, place shad on it skin down. Season the inside of shad with salt and pepper. Fold together. Season if needed, and rub with a little butter. Place in hot oven, baste with melted butter. Cook until done, which will be in about 20 or 30 minutes. Serve on plank with trimmings of lettuce, sliced tomatoes, potato chips and sliced lemon.

O. H. M.

Scalloped Cat-fish.

Skin cat-fish. Put layer of sliced raw potatoes (and sliced onion, if liked) in bottom of pan. Sprinkle with flour, pepper and salt. Next put layer of fish and sprinkle again with flour, pepper and salt, and lastly another layer of potatoes and onions, on top of which place thin slices of bacon. Cover with cold water and bake in oven.

M. B. P.

Salmon Croquettes.

Take a can of salmon and drain off water. To this add about one cupful of bread crumbs, one egg, a little salt, pinch of mustard and a little vinegar. Make into cakes and roll in cracker meal. Fry in hot lard.

HELEN FORD.

Scalloped Salmon.

Can of salmon, two cupfuls(scant) bread crumbs, finely broken, one cupful milk, salt and pepper, butter size of walnut; more will improve dish. Butter dish, alternate layers of bread crumbs, salmon, seasoning and milk, being careful to add milk before last layer of bread crumbs is added, and having saved out enough butter to dot over top. Bake in hot oven about one-half hour, or until nicely browned.

O. H. M.

Salmon With Egg Sauce.

Heat salmon to boiling point. Best plan to place can in vessel and cover with cold water, and let boil about ten minutes. Take out of can, form in shape of fish on hot platter and cover with egg sauce made like one used on boiled rock.

EVELYN HARRIS.

SHELL-FISH.

Stewed Oysters, No. 1.

Drain oysters. Put liquor, with salt, pepper and butter on and let come to a boil. Thicken slightly, add oysters, let them get plump and serve. MRS. WM. H. BOWERS.

Stewed Oysters, No. 2.

One quart oysters, one pint milk. Put oysters on to boil in their own liquor. Let come to a boil, then add milk (boiling hot), butter, salt and white pepper. Serve.

MRS. ALICE R. RASIN.

Scalloped Oysters.

Grease pan well with butter. Fill with layer of oysters and layer of bread crumbs, add salt, pepper and butter. Cover with half milk and oyster liquor. Bake in oven.

MRS. WM. J. HEPBRON.

Fried Oysters, No. 1.

One quart of oysters, drained, and mixed with one well-beaten egg, one box crackers, run through meat grinder, to which add pepper and salt, if fresh-water oysters; omit salt if salt-water oysters. Take two or three, depending on size, put heart oysters to heart and pat well with the cracker dust, and fry in deep, boiling lard.

MRS. CHAS. WALTER.

Fried Oysters, No. 2.

Drain oysters in colander. Take two or three oysters, dip in cracker dust, pat together, lay on board. When ready to fry, dip in liquor and roll again in cracker crumbs. Fry in a basket in deep hot lard. Turn out on wax paper.

MRS. E. M. TAYLOR.

Oysters in Brown Sauce.

One pint oysters, one-half cupful oyster juice, one-quarter cupful butter, one-half cupful milk, one-quarter cupful flour, one-half teaspoonful salt, one-eighth teaspoonful pepper. Cook oysters in the juice until they curl, then strain the juice. Brown the butter in a saucepan, add flour and stir until dark brown. Add milk gradually, cook

until it thickens and add strained oyster juice. Add the oysters, heat to boiling point. Serve hot on toast or in patty shells.

EDITH BELL.

Oyster Pie.

Line a pie plate with flaky pie crust. Then fill with oysters, season with salt and pepper, dot with butter and sprinkle over with flour. Put on a top crust and bake in a quick oven.

MRS. KATE P. MAGEE.

Pigs in Blankets.

One dozen large oysters, one dozen thin slices of bacon. Roll each oyster in a slice of bacon and fasten the ends with a skewer. Put in a hot spider or chafing dish and cook till the bacon is crisp. Place on buttered toast and serve.

MRS. W. D. PENNINGTON.

Turtle Pot Pie.

Take a turtle, cut off its head and let bleed. Scald with boiling water and let lay in water until skin will remove easily; then cut off lower shell, throw away all intestines. Cut meat out of shell and cut in small pieces. Wash well, cover with water, cook from three-quarters of an hour to one hour, according to size, season with salt and pepper. When tender make a short crust, cut in dice shape, drop in kettle, let cook and thicken about like stewed chicken.

MRS. WM. B. PRICE.

Stewed Turtle or Terrapin.

Proceed with turtle as in above recipe, until cooked tender, then remove from stove. When cold, cut or tear meat in small pieces. Put on stove with enough of the water in which it has been cooked to well cover it. When boiling hot to about one quart of meat, add the following ingredients, all mixed together: One tablespoonful butter, yolks of five hard-boiled eggs, rubbed smooth with one raw egg beaten in them; two tablespoonfuls sifted flour, one scant tablespoonful mustard and one-half cupful vinegar. Stir well, let come to a boil, add chopped whites of the five eggs and serve.

O. H. M.

Fried Soft-shelled Crabs, No. 1.

Remove dead men, sand bag, eyes and mouth. Wash and fry in hot lard.

E. B. H.

Fried Soft-shelled Crabs, No. 2.

Clean as in above recipe, dip in beaten egg and cracker crumbs and fry in hot lard.

LOUISE PENNINGTON.

Boiled Hard Crabs.

Place small pieces of wood on bottom of kettle to keep crabs out of water. Put in small quantity of water, amount depending on number of crabs to be used and size of kettle. Put in liberal supply of vinegar, salt, pepper and mustard. Let boil hard, then add crabs. Cover well and let steam until crabs are red.

COMMITTEE.

Crab Cakes.

To the meat of one dozen hard crabs add one-half cupful bread crumbs, piece butter size of walnut and salt and pepper to suit taste. Make in cakes and fry in hot lard.

Mrs. J. H. B.

Deviled Crabs.

Two dozen crabs, or one pound and a half crab meat, salt to taste, beat three eggs, one-quarter or one-half teaspoonful red pepper, one-half cupful bread crumbs, melt one-quarter pound best butter, one wineglassful Worcestershire sauce, a little parsley, one small onion, chopped fine. Put in last. Heat all together and stir while heating, as it might burn. Moisten with tablespoonful or two of stock or extract of beef. Fill your shells and brush with well-beaten egg, and cover with bread crumbs and brown in oven.

Mrs. L. P. ATWELL.

MEATS.

In cooking meat, first sear it on the outside so as to retain the juices, thereby preserving the flavor, then cook slowly. This applies alike whether baking, boiling or frying. Time required for baking, per pound: Beef, 15 to 20 minutes; pork, 30 minutes; veal, 20 minutes; lamb and mutton, 15 minutes. Put enough water in pan to keep from burning; baste frequently.

COMMITTEE.

Pot Roast.

Four to six pounds from the middle or face of the rump or the round. Sear all over by placing in a hot frying pan with fat from the meat and turn until all the surfaces are browned. Put in a kettle with one cupful of water and keep just below the boiling point. Do not let the water cook away, but add enough to keep meat from burning. Have the cover fitted closely to keep in steam. Cook till tender. Add seasoning after the first half-hour's cooking. Serve hot or cold. MRS. JNO. W. ROBINSON, SR.

Stuffed Leg of Lamb.

Remove bone from six-pound leg of lamb and fill cavity with three cupfuls stale bread which has been soaked in cold water and pressed dry, three large tablespoonfuls butter, salt, pepper and sage to taste.

MRS. JNO. W. ROBINSON, SR.

Roast of Veal.

Have bone carefully taken out of six pounds of the shoulder. Fill cavity with "Stale Bread Dressing," found under poultry. Cook two hours. O. H. M.

Beef Loaf.

Two cupfuls cracker dust, two and one-half pounds beef, cooked; one or two eggs, one-half pound veal or pork, cooked; one-half cupful milk. Season to taste. Make out in a loaf, put tomatoes and butter on top. Bake one-half hour. Serve hot or cold. MRS. J. R. U.

Meat Croquettes.

Take one pint of cold meat, measured after it goes through grinder; two tablespoonfuls butter, four tablespoonfuls flour, one cup milk. Put the butter in a pan on the stove, when melted, mix in flour, then the milk and boil until it thickens. Cool and mix in the meat, season to taste. A little nutmeg will improve flavor. Shape, dip in egg and cracker crumbs and fry. MRS. S. B. PARROTT.

Casserole Beef.

An excellent method for preparing tough beef is to take the meat in one solid slice, wipe carefully and lay in bot-

tom of the casserole. Add one can of tomatoes, or as much as it would take to cover the meat, season well with salt and pepper, cover closely and cook in the oven for two or three hours. Dish the meat, thicken the tomatoes with a little flour and pour the gravy over the meat.

MRS. W. L. FORD.

Roast Pig.

Take pig weighing from 12 to 15 pounds when dressed, season lightly. Prepare stuffing as for fowl and season it with salt, pepper and little sage. Stuff pig and sew up. Place in roaster and cook in moderate oven two or three hours. A good way to tell when done is to stick fork in thick part of shoulder and if done no red juice will come out. Serve with apple in mouth. MRS. EMMA JARRELL.

Boiled Ham.

Clean well and soak over night. In the morning put in boiler with liberal supply of water (cold) and put on back of stove to cook slowly—do not let boil. A large ham will take all day to cook. When done, remove from stove, letting ham remain in boiler until all is cool.

MRS. S. S. HEPBURN.

Ham Pie.

Cut ham in small pieces. Boil a cupful rice. Beat two eggs and stir in with ham and rice. Season with pepper, salt and celery seed, onions if desired. Bake in deep pan with crust until crust is done.

MRS. JOS. HOWARD.

Sausage Croquettes.

Take half pint cup of sausage, boil two medium size potatoes and mash, then mix thoroughly with the sausage. Add a bit of onion and a little green tomato catsup, chop fine and put in a half pint of light bread crumbs. Mix all into a stiff dough. Mould into small pyramids and put on a pan lightly greased, then bake until brown, in oven. This make a delicious breakfast dish.

R. D. H.

Tongue.

Boil fresh tongue in very salt water until tender. Celery and one small red pepper with a few cloves added while cooking improves flavor. When tender, peel and bake

with a dressing of brown sugar, vinegar, water and ground spices until the dressing is like candy. Serve cold.

LILLIAS FORD.

Calf's Liver and Bacon.

Scald liver, flour and season well with salt and pepper. Fry breakfast bacon in hot skillet, take out, put in liver, turn often; will take about 20 minutes or one-half hour. When done put on hot platter. Make brown gravy, and serve on hot platter with bacon placed around the edge of the liver.

MRS. WILMER L. FORD.

Fried Liver.

Slice onions over liver, put into a frying pan of hot lard, place cover over pan, when ready to take the onions up on a plate, turn, place onions again on top, season with salt and pepper, cover again, continue same until done.

MAGGIE DUYER.

Veal Cutlet.

Use large slices of veal cutlet, cut into individual pieces, season with salt and pepper, dip into beaten egg, then cracker crumbs and fry in deep fat. Serve with creamed gravy or tomato sauce.

MRS. R. D. MOORE.

Pork Chops (Breaded).

Take lean pork chops and proceed as for veal cutlet. They are very different in taste from the usual fried pork chops.

MRS. R. D. MOORE.

POULTRY.

Roast Turkey, Chicken, Duck or Goose.

If fowl is not very fat, rub well with lard before seasoning with salt and pepper. Stuff with any desired dressing. Bake with enough water in pan to keep from burning, allowing, per pound, fifteen minutes for chicken and ducks; fifteen to twenty minutes for turkey; twenty minutes for goose. Baste often.

LADIES OF STILL POND GRANGE.

Brown Dressing for Turkey or Chicken.

Crumble as much stale bread as necessary and season with salt, pepper and thyme. Pour over this a little melted butter and put in the oven to brown. If preferred, add one dozen oysters, chopped fine. MARY HARPER HARRIS.

Chestnut Dressing for Turkey.

Shell your chestnuts first, preferably Japanese or Spanish chestnuts. Then scald in boiling water and take the brown skin off. Put in a little water and boil until tender. Mash and mix with a little butter, bread crumbs, pepper and salt. MARY HARPER HARRIS.

Dressing for Roast Goose.

Apple and raisin dressing. Scald raisins and chop. Mix with chopped apples and season to taste. MRS. J. R. W.

Stale Bread Dressing.

Mix well finely broken stale bread with butter. Season well with pepper, salt, onion, celery, or celery seed.

LUCILLE PARR.

Fried Chicken, No. 1.

One chicken (cut in pieces), one teacup of flour, one egg, salt and pepper. Season chicken well and let remain short time before frying. Mix flour and water, to stiff batter, then add egg and beat altogether until smooth. Thin batter then to consistency of very thick cream. Season with salt and pepper. Dip chicken into batter and fry in hot fat.

MRS. W. D. PENNINGTON.

Fried Chicken, No. 2.

Cut in pieces, flour and season well. Fry in hot lard. Keep turning until thoroughly done and well browned.

MRS. LLOYD DILL.

Stewed Chicken.

Cut chicken in pieces and drop in boiling water. Cook slowly until tender. If desired, drop in medium-sized potatoes shortly before chicken is done. Season to taste. Thicken, pour on hot platter and garnish with sliced hard boiled eggs.

LUCILLE PARR.

Fried Young Guinea.

Sprinkle with flour, pepper and salt. Put in skillet in boiling hot lard. Turn often until brown and thoroughly done, which would be in about twenty minutes.

MRS. WILMER L. FORD.

Stewed Guinea.

Put guinea, cut in pieces, in just enough boiling water to cover well. Let come to a boil again. Cover, set on back of stove, where it will keep boiling hot, but not boil. Time of cooking will vary according to age of guinea; an old guinea may require one-half day. When done, add one egg, beaten well, into thickening; add pepper and salt. Let thicken, and serve.

O. H. M.

Pressed Chicken.

Boil the chicken until tender, take out all bones, chop meat very fine; season with salt, pepper and plenty of butter. Add to the liquor the chicken was boiled in, one cup of bread crumbs, made soft with hot water, and to this add the chopped chicken. Heat slightly and pour in mould. Garnish with sliced boiled eggs and lettuce or parsley.

L. E. HAGUE.

Chicken Sausage.

A good way to use old chickens. Boil till tender, then free from bones, and run through food chopper; put some of the broth in so the chicken will not be too dry; season with salt, sage and pepper to suit taste. Roll crackers and mix with chicken, then make in pats and fry a nice brown.

MRS. JOHN W. ROBINSON, SR.

Mocked Chicken.

One cold boiled chicken. Cut as for salad and put on the stove in some of the water in which it was boiled. Mix with a little of the water two tablespoons of flour, one teaspoon mustard. Stir this into chicken, take from fire, then add four eggs, well mixed, but not beaten.

MRS. J. R. U.

GAME.

Wild Duck and Goose.

Season well and rub with lard. Put in hot oven with a little water, being careful to lay on side, so that wing and leg, tough parts, are in the water. Turn and baste frequently, adding water if necessary. It is best to let water cook out and baste with the grease several times before removing from the oven. Large duck requires an hour; small one, less time. Goose in proportion to its size.

M. B. P.

X Fricassed Rabbit and Musk Rat.

After soaking over night in salted water, rinse in clear water. Put in skillet nearly covered with cold water, add onion, if liked. Cook about one-half hour or until tender, take out, flour, season with pepper and salt, and brown in a hot skillet. Take out rabbit, put on hot platter. Sift flour into grease until smooth and brown, add water in which rabbit was cooked, season if necessary. Let thicken and pour over rabbit.

MRS. WILMER L. FORD.

Frogs' Legs, No. 1.

Skin frogs, clean thoroughly, let soak in salted water two hours. Wash in clean water and beat one egg (this is sufficient for several frogs), in bowl. Put in frogs' legs, stir well, season with salt and pepper, and add as much sifted flour as the eggs and frogs will take up. Fry in hot skillet with lard, and serve.

O. H. M.

X Musk Rats—Mock Terrapin.

Boil two musk rats tender until they leave the bone, add a little salt. Drain water off and cut fine. Put on stove and just cover with water. Mix well one tablespoonful of butter, the yolks of 5 hard-boiled eggs rubbed smooth with one raw egg beaten in them, two tablespoonfuls of sifted flour, one scant tablespoonful of mustard, one cup vinegar and stir this in the boiling musk rat. Add the chopped whites. If not thick enough add a little flour and boil a few minutes. The musk rat should be soaked all night in salted water.

MRS. J. B. HOSSINGER.

DUMPLINGS.

Drop Dumplings.

Beat one egg until smooth and light, add one cup of sweet milk, one-fourth teaspoonful of salt, flour enough to make a stiff batter. Mix one teaspoonful of baking powder with the last of the flour and beat well. Drop by teaspoonful into the hot gravy, cover and cook fifteen minutes.

L. E. HAGUE.

Noodles.

Two cupfuls well-sifted flour, two eggs. Put flour in bowl in which break eggs, beat with fork, beating eggs first, gradually mixing in flour. Cut off pieces, roll very thin, hang up to dry. Keep turning to dry evenly, but do not let get too dry as it will crumble. To save time place layer one on top of the other, roll together, and cut fine.

MRS. CHARLES WALTER.

Potato Dumplings.

Cook a quarter peck of white potatoes in their skins. When done, peel and mash with salt, pepper, one egg, two teaspoonfuls yeast powder, and enough flour to make the potatoes stiff enough to form round balls. Have a pot of boiling water over a hot fire, and drop the dumplings in one at a time. Let them cook about fifteen minutes.

MRS. MARY MILLER.

EGGS.

Baked Eggs—Whole.

Butter a baking dish. Break as many eggs in a pan as you need for the meal, season with pepper and salt. Put lumps of butter over them and about one tablespoonful of cream or rich milk to one egg. Bake in oven for three or five minutes or until whites are cooked.

I. C. S.

Eggs, With Tomatoes.

Cook one can of tomatoes fifteen minutes, season with salt, pepper and little butter. Just before serving drop in as many eggs as there are persons to be served. Cook two or three minutes, stirring all the while.

MRS. R. P. NICHOLS.

Soft Boiled Eggs.

Have saucepan on stove with water enough to well cover number of eggs to be used, boiling hard. Add eggs, cover, remove from stove, cook five minutes.

MRS. J. B. CROWDING.

Hard Boiled Eggs.

Proceed as above, but after adding eggs and covering, remove to back of stove, where water will keep to the boiling point, but not boil, for one-half hour. Hard-boiled eggs cooked this way are easily digested. O. H. M.

Scrambled Eggs.

Four eggs, two tablespoonfuls of cream, one tablespoon of butter, salt and pepper to taste. Beat eggs until mixed, add cream, pepper and salt. Pour mixture in hot skillet. Do not stir until mixture has formed, then stir gently. Remove from fire when set, and serve.

MRS. RALPH ROBINSON.

Scrambled Eggs With Tomatoes.

Five eggs, one tablespoonful of butter, one-quarter cup of milk, one cupful of tomatoes, salt and pepper to taste. Into the food pan over boiling water put the butter, then put in the eggs, which have been beaten up with the milk. Add a cupful of canned tomatoes drained and chopped fine. Serve directly from the pan into hot platter.

MRS. JOHN W. ROBINSON, SR.

Scrambled Eggs With Onions.

One-half dozen eggs, three large onions, chopped fine. Brown onions in one tablespoonful of butter. Beat eggs until light, pour in skillet, cook until formed, mix onions. Serve with parsley.

MRS. RALPH ROBINSON.

Deviled Eggs.

Boil eggs hard and put into cold water. When cool remove the shells, cut the eggs in half and take out the yolks. Rub these to a powder and add pepper, salt, a little pinch of mustard, a little melted butter, and two teaspoonfuls of vinegar. Make this into balls about the size and shape of the yolks, and restore them to their places between the whites. Keep these in place with a toothpick.

MRS. RUTH E. COOPER.

Egg Omelette.

Six eggs, whites and yolks beaten separately and very light. One pint of new milk, salt and pepper to taste, one tablespoonful of cornstarch, one teaspoonful of baking powder, add whites of eggs last. Have omelette pan or skillet hot on top of stove, have pan well buttered or use small quantity of lard, add omelette. Let it get well set, then bake in moderately hot oven until it rises well, and is a nice brown. Serve on hot dish.

MARY R. BOWERS.

V E G E T A B L E S.

Time Table for Boiling Vegetables.

Corn	10 to 20 min.	Carrots (more if old)	30 min.
Potatoes	30 "	Turnips	50 "
Asparagus	20 to 30 "	Onions	30 "
Peas	20 to 30 "	Parsnips	40 "
Beans, fresh	30 "	Cauliflower	40 to 60 "
Beans, dried	3 hrs.	Spinach	15 "
Beets	1 to 3 "	Sweet Potatoes	50 "
Brussels Sprouts	20 min.	Squash	25 "
Cabbage (new)	20 to 45 "		

Strong juiced vegetables—onions, cabbage, turnips—should be cooked uncovered in liberal amount of boiling salted water, and as quickly as possible.

HELEN L. COMSTOCK.

Creamed Vegetables.

Add to one pint cooked vegetables one cup well-seasoned cream sauce and a little chopped parsley, if desired. Heat well. Serve. Nearly all vegetables are fine served this way.

LADIES OF STILL POND GRANGE.

Scalloped Vegetables.

One and one-half cups well-seasoned cream or cheese sauce, one quart cooked vegetables. Butter baking dish. Alternate layers of vegetables and sauce. Place a few fine bread crumbs on top. Dot with butter. Bake in moderate oven about one-half hour.

LADIES OF STILL POND GRANGE.

Creamed Parsnips.

Boil tender, scrape and slice lengthwise, put over fire, with two tablespoonfuls of butter, pepper and salt to suit taste and a little minced parsley. Shake until mixture boils. Take up the parsnips, add to the mixture three tablespoonfuls of cream or milk, in which has been stirred a little flour. Boil once and pour over the parsnips.

MRS. JOHN H. DUVER.

Creamed Onions.

Boil one dozen small onions until tender. Drain water off. Add one pint sweet milk, butter size of an egg, salt and pepper to taste. Thicken just a little, and serve hot.

MRS. W. H. THOMPSON.

Corn Pudding.

One quart crushed corn (canned or fresh), two eggs (well beaten), one tablespoon flour, one tablespoon sugar, one and one-half cups milk, small piece of butter, salt to taste. Place in dish and bake for half hour.

NANCY PRICE.

Buttered Carrots.

Pare and dice carrots; boil until tender in salted water. Drain well, put in hot dish, place butter over the top, and serve.

M. M.

Potato Puffers.

One pint mashed potatoes, one teaspoonful salt, two eggs, well beaten, one cup flour sifted with one teaspoonful baking powder. Mix and roll on board with hand until four inches in length and three-quarters of an inch in diameter. Fry like doughnuts and service while hot.

MRS. E. M. TAYLOR.

Potato Puff.

Take two cupfuls of cold mashed potatoes and stir into it two tablespoonfuls of melted butter, beaten to a white cream before adding anything else. Then put with this two eggs, whipped very light, and one teacupful cream or milk. Season, beat well, pour in a baking dish and bake in a quick oven.

I. C. S.

Baked Potatoes.

Bake six medium-sized potatoes until well done. Cut each potato carefully and remove the inside. Mix with butter size of a walnut, a little hot milk, pepper and salt to taste. Beat well. Put back into the shell and brown. Add grated cheese if liked.

A. H. P.

Baked Macaroni.

Take one box macaroni, cook until tender, then drain until dry. Put in a baking pan, season with salt and pepper. Beat up three eggs and one quart of milk and cover the macaroni with this, and bake in a hot oven until brown.

MRS. RUTH E. COOPER.

Baked Pumpkin.

Butter dish. Alternate layer of pumpkin sliced thin and layer of sugar and butter. Bake in slow oven until tender and syrup rich.

M. B. P.

Escalloped Tomatoes.

Six medium-sized tomatoes, two onions, one cup bread crumbs, butter size of a walnut, two tablespoonfuls sugar, pepper and salt to taste. Peel tomatoes and cut in half. Butter dish, alternate layer of tomatoes, bread crumbs, sugar and seasoning. Bake in slow oven.

M. B. P.

Baked Sweet Pepper.

Take green sweet peppers, core, being careful to remove all seeds. Stuff with dressing made of finely broken bread, well mixed with butter, pepper and salt, onion and chopped celery or parsley, and a little chopped up ham. Stuff peppers, place in pan small enough so they will stand. Put in a little water, bake half an hour, or until tender.

MRS. W. D. P.

Hominy.

Wash thoroughly in several waters, then cover with water over night. In the morning set on stove and boil slowly six hours or longer until grains are soft; when nearly done, add salt to taste.

MRS. M. R. WILSON.

Hominy.

Put a thick coating of cold lard on bottom of kettle. Wash one quart hominy and put in covered kettle with one pound of fat, salted pork and two gallons cold water. Place on stove and keep boiling and replenishing with hot water for six hours. Then remove cover and let boil down as dry as necessary. Do not stir while cooking.

A. W. R.

Potato Croquettes.

Two cups mashed potatoes, two tablespoonfuls cream, one teaspoonful onion juice, one teaspoonful salt, one tablespoonful chopped parsley, dash red pepper, yolks of two eggs, butter size of walnut. Mix and cook until potatoes leave sides of pan. Set away to cool. Mould into croquettes, dip in white of eggs and cracker crumbs, and fry.

MRS. L. B. HARPER.

Potato Balls.

Prepare the potatoes as for mashed potatoes. While hot shape in balls the size of an egg. Have a tin plate buttered and place balls upon it. Brush all over with beaten eggs. Brown in the oven when done. Slip knife under them and slide on a hot platter. Garnish with parsley.

K. P. MEGEE.

Saratoga Chips.

Peel and slice very thin (preferably with a regular potato chipper), four large potatoes and let them lay in cold water two hours, then thoroughly dry with a clean towel. Drop each slice separately in a kettle of boiling lard. Fry until crisp and brown. Take out with wire egg beater.

COMMITTEE.

Potatoes and Cheese.

Heap a baking platter with hot mashed potatoes, scoop out center and fill with cream sauce in which has been melted grated cheese. Brush potatoes with white of egg and brown quickly. Serve immediately. This is also very nice served in ramekins.

HATTIE BARNARD COLLINS.

Creamed Potatoes.

Peel and boil in slightly salted water. Pour off the water, add salt and butter to suit taste. Mash well and beat with one egg. Put in well-buttered pan, and place in oven to brown. Serve hot.

MRS. WALTER MOFFETT.

Peas and Riced Potatoes.

One quart of shelled peas. Put a tablespoonful of sugar to half a gallon of water and two or three sprigs of mint. Cook in an uncovered saucepan. When done, drain and add one tablespoonful of butter. Salt and pepper to season. Serve hot with a border of riced potatoes.

LILLIAS W. FORD.

Peas and Carrots.

One cupful of cooked diced carrots and one cupful of either canned or freshly cooked peas. Let all come to a boil in a cupful and a half of cream sauce.

EDNA WROTH.

Baked Macaroni With Tomatoes.

Butter a dish, alternate layers of boiled macaroni, tomatoes, salt and pepper. Sprinkle bread crumbs on top and bake until brown.

I. C. S.

Baked Macaroni With Cheese.

Proceed as in the above, except alternate the layers of macaroni with layers of grated cheese and dot generously with butter. Add a cup of rich milk and bake until brown.

MRS. R. D. MOORE.

Boiled Rice.

One quart water, boiling hard, one-half teaspoonful of salt, four heaping tablespoonfuls rice. Pour rice slowly into boiling water. Do not stir. Boil for five minutes, then cook in a double boiler for about an hour or until thoroughly done.

COMMITTEE.

Fried Mushrooms.

First be sure you have mushrooms. Then peel, wash thoroughly, season with salt and pepper and fry in butter.

MRS. JOHN KINSEY.

Baked Beans—Boston.

One pint of beans, one-quarter pound salt pork, one tablespoonful molasses, one teaspoonful flour, one-half teaspoonful mustard, one-quarter teaspoonful soda. Soak beans over night, parboil early in the morning, taking care not to break them. Add soda, stir up. Mix flour, mustard and molasses in a paste; add to beans. Place pork in center of pot or dish, pour beans around and bake in a slow oven six hours or longer, keeping covered. If water boils away, add more. If needed, add a little salt to the beans before baking, though the pork is generally all that is needed.

M. R. W.

Hot Slaw.

Cut a small head of cabbage with slaw cutter. Cook with a tablespoonful of lard and half teaspoonful celery seed, and half a teacupful of water for about half an hour, or until water boils out. Beat two eggs and one-half cupful vinegar, salt and pepper, two tablespoonfuls sugar. Stir in cabbage and serve immediately.

M. B. P.

Boiled Cabbage.

Drop in boiling, salted water, cook for thirty minutes. When done put in a covered dish, add salt and pepper and a large piece of butter. If you like the meat flavor, add a bouillon cube. Pour a cream dressing over the cabbage, if desired.

I. C. S.

BUTTERS AND SAUCES.

Lemon Butter, No. 1.

Juice and rind of three lemons. One pound of sugar, six eggs, one-quarter pound of butter. Beat the eggs and add the other ingredients. Boil ten minutes.

MRS. EDWARD W. FORD.

Lemon Butter, No. 2.

One lemon, one cupful sugar, one cupful cold water, one teaspoonful cornstarch, small piece of butter, two eggs.

MRS. MAXWELL MEEKS.

Peanut Butter.

Use the nut butter knife of your food chopper and grind up the desired amount of freshly shelled peanuts. Place in pan on back of stove and heat gradually, adding enough pure butter to give the correct smoothness and softness, and enough salt to taste. Add a little olive oil if very dry. Heat the mass gradually until butter is melted and the peanut butter is smooth enough to spread easily.

MRS. R. D. MOORE.

Cream Sauce.

To make: Melt butter in saucepan and mix in flour till smooth. Add milk, gradually stirring all the while it thickens; then season.

Quantities used as follows:

One-to-one Sauce—Used for cream soups, one cupful milk, one tablespoonful butter, one tablespoonful flour.

One-to-one Sauce—Used for creamed or scalloped dishes, one cupful milk, two tablespoonfuls butter, two tablespoonfuls flour.

One-to-three Sauce—Used for souffles, one cupful milk, three tablespoonfuls butter, three tablespoonfuls flour.

One-to-four Sauce—Used for croquettes, one cupful milk, four tablespoonfuls butter, four tablespoonfuls flour.

HELEN L. COMSTOCK.

Drawn Butter Sauce.

One-third cupful butter, two tablespoonfuls flour, one-quarter teaspoonful each of salt and Bee Brand white pepper, one cupful cold water. Melt half the butter in shallow saucepan, add flour and cook until frothy; add seasoning, then water and stir constantly until mixture boils. Let boil about three minutes, then beat in rest of butter, a little at a time.

TAKEN FROM "McCORMICK'S MANUAL OF COOKERY."

Cheese Sauce.

To be eaten over macaroni or rice as a substitute for meat. Melt two tablespoonfuls of butter and mix in two tablespoonfuls of flour till smooth, then add one-half pint of milk and lastly one-half pound of cheese (grated or cut in small pieces).

ALICE MAXWELL.

Cranberry Sauce.

One quart cranberries, one pound of sugar, one pint of water. Wash thoroughly, add the water and boil quickly until they burst; it is best to cover them, keeping in the steam. Stir with wooden spoon. It will take about ten minutes. Press through a colander (if it is desired to free them of skin). Return to the fire, and add sugar and stir over the fire until they reach the boiling point.

MRS. M. R. WILSON.

Sultana Sauce.

Simmer a half cupful of raisins in a cup of boiling water until tender, an hour will be none too long. Add a level tablespoon of cornstarch mixed with half a cup of cold water and let cook ten minutes, add two tablespoons of butter, a cup of sugar and teaspoon of vanilla. Serve with cornstarch or rice.

ALICE MAXWELL.

Vanilla Sauce.

One cup sugar, butter size of walnut, beat together; one egg, one teaspoon cornstarch, one teacup boiling water, set on stove till it thickens. Flavor with vanilla.

LOUISE TOLSON.

Hard Sauce.

Cream two ounces of butter, add powdered sugar to the right consistency and the well-beaten white of egg. Lastly add a few drops of flavoring.

COMMITTEE.

Chocolate Sauce.

One tablespoon butter, one-half tablespoon flour, small pinch salt, one-half teaspoonful vanilla, one-half cup boiling water, one-half square Baker's chocolate, two tablespoons sugar. Melt butter in saucepan, add dry flour and salt. Mix till smooth, add slowly hot water, beating well. Add the chocolate and sugar, stir till melted. Add vanilla just before serving.

MRS. CLARENCE FORD.

SALADS.**Salad Dressing, No. 1.**

Yolks of four eggs, *beat very light*, four tablespoons of sugar, one and one-half tablespoons of flour, one teaspoon of salt, one-half teaspoon of mustard, three-quarters cup of vinegar, one-quarter cup of water. Cook in a double boiler until thick and add one tablespoon of butter when taken from the fire. Mix with cream when used.

MRS. B. S. HAYWOOD.

Salad Dressing, No. 2.

One egg, three-quarters cup sugar, one-half cup milk, three-quarters cup vinegar, one-quarter teaspoon mustard, three teaspoons flour, butter size of a walnut. Beat egg and sugar together, add milk and butter, mix flour and mustard with vinegar, pour all together and let cook for a few minutes.

ELIZABETH JEWELL.

Mayonnaise Salad Dressing, No. 1.

Put the uncooked yolk of an egg on a cold plate, beat well with a silver fork, add a salt spoon of mustard and twice as much salt, then mix in a little olive oil, just a few drops at a time, until it is about like whipped cream. Then bring to the desired consistency with vinegar or lemon juice.

MARY HARRIS.

Mayonnaise Salad Dressing, No. 2.

For a ready prepared salad dressing McCormick's Bee Brand Mayonnaise Dressing is unsurpassed.

Apple and Cabbage Salad.

To two parts chopped apple and one part chopped cabbage add a few chopped nuts. Sprinkle with salt and add just enough McCormick's Mayonnaise Dressing to moisten well.

O. H. M.

Potato Salad.

Three cups of cold potatoes cut in dice shape, seasoned to taste. Pour over it the following dressing: Take one-half cup of vinegar, one-half cup cold water. Put on stove to boil and add butter size of a walnut. Beat two eggs with one-half cup sugar and pour into the boiling vinegar. Add one-half teaspoon celery seed and let boil until thick. Do not pour over potatoes until cold.

S. A. P.

California Salad.

Oranges, Bermuda onions. Slice oranges and onions, placing one slice of onion between two of the oranges, in a sandwich form. Put this on lettuce leaves. Over all pour a cooked dressing.

B. S. HAYWOOD.

Bronson Salad.

In an earthen bowl mix together one-half can of peas, drain the liquor, add two cucumber pickles and Bermuda onion chopped fine, and two tablespoons of cheese crumbled fine. Lightly toss some mayonnaise through the mixture and turn the salad into a bowl lined with lettuce. Dot over with bits of dressing ornamented with nut meats.

LILLIAS W. FORD.

Banana Salad.

Take one banana for each person. Peel banana and lay on lettuce leaves. Pour over this the following dressing: Two eggs well beaten, one-half cup vinegar mixed with one-half teaspoon mustard, one-half cup cold water mixed with one teaspoon cornstarch, one teaspoon sugar. Salt and pepper to taste. After this has boiled and thickened, stir in a piece of butter size of a walnut. Garnish each banana with one tablespoon chopped English walnuts.

R. D. H.

Cherry Salad.

Remove stones from large canned white cherries and fill cavities with blanched almonds and serve on lettuce leaf with French dressing. H. B. C.

Cranberry Salad.

Make individual moulds of cranberry jelly. Sprinkle over each nut meats, olives and celery chopped fine. Serve on lettuce with mayonnaise and salted wafers. H. B. C.

Slaw or Cabbage Salad.

To make the egg and milk dressing, beat one egg and add a mixture of one tablespoonful flour, one teaspoonful sugar, one-quarter teaspoonful mustard. Pour a cup of milk into the whole, put it on the fire and bring it to a boil. When it has boiled add one-half cup vinegar and salt to taste. Stand aside to cool. At serving time, mix it with dried, cold, shredded cabbage.

MRS. S. B. PARROTT.

Waldorf Salad.

Three cups apples, pared and diced; one-half to one cup nut meats, cut in small pieces, black walnuts preferred; one and one-half to two cups celery, cut finely. Any good salad dressing in which milk or cream is used will answer with a little less vinegar and a little more sugar than the average dressing and seasoned well with salt, mustard, and a small small pinch of cayenne. Use just enough dressing to moisten all ingredients. O. H. M.

Chicken Salad, No. 1.

One chicken and two-thirds as much celery, cut fine; salt and pepper to taste. Add dressing made as follows: Four eggs, three-quarters cup of vinegar, one cup of sugar, three-quarters cup of water, one cup of chicken oil. Boil vinegar and water together, beat sugar, eggs and oil together and one-half teaspoonful mustard. Pour this in the boiling vinegar. Let this cool. MRS. J. L. PRICE.

Chicken Salad, No. 2.

One boiled chicken (well salted), cut fine as much celery as chicken; four eggs, two raw and two boiled hard; tea spoonful mustard, one-quarter teaspoon red pepper (scant), two cups vinegar, one cup oil from chicken or one-quarter cup olive oil. Mash the yolks of cooked eggs very smooth, beat in the yolks of raw eggs; mix mustard with vinegar, add to eggs; also add red pepper and salt to taste. Cook until it thickens; when cold, beat whites of raw eggs very light and add to dressing before pouring over chicken and celery. Cut the whites of cooked eggs and mix with cut-up chicken and celery. If too thick, thin with cream.

L. B. H.

DESSERTS.**Russian Apples.**

Pare and core large, tart apples; fill centers with mince-meat; place in baking pan and sprinkle generously with sugar. Pour in a little boiling water and bake half an hour, basting often. Serve hot with hard sauce flavored with lemon and nutmeg.

HATTIE BERNARD COLLINS.

Apple Jonathan.

Peel and slice very thin four or five good baking apples; place in a deep pudding dish with a tablespoonful cold water. Make a batter of one-third cupful butter, one large cupful sugar, two eggs, beaten thoroughly; two large cupfuls flour, with three teaspoonfuls baking powder and one teaspoonful salt sifted together. Pour the batter over the apples, let stand five or ten minutes, bake thirty minutes. Serve with cream or custard sauce.

M. H. H.

Baked Apples.

Peel and core the desired amount of tart apples. Make a rich syrup and parboil until nearly done, then put in the oven to brown. If used for a dessert serve with chopped nuts and whipped cream.

MARY HARPER HARRIS.

Apple Custard.

To one quart of apple sauce add yolks of three eggs, sugar to taste, butter the size of an egg, one pint of milk, two heaping tablespoonfuls flour. Flavor to taste. Cover with meringue and brown in oven. MRS. H. M. RASIN.

Apple Tapioca Pudding.

One large cupful McCormick's Pearl Tapioca, three pints water, one cup sugar, one teaspoonful salt, one teaspoonful essence of lemon, three pints of pared and quartered apples. Wash the tapioca and soak over night in three pints of cold water (three hours will do if there is no more time). Put the tapioca in the double boiler and cook until it looks clear. It will take from twenty to thirty minutes. When cooked enough add the sugar, salt and lemon, and then the apples. Turn into a buttered dish and bake an hour and a quarter. Let cool. Serve with sugar and cream. O. H. M.

Apple Meringue.

Peel, core and cut in half eight large baking apples. Arrange on a well-buttered tin. Sprinkle with sugar, a little cinnamon and a little butter. Bake until the apples are soft and a light brown. Beat to a snow the whites of four eggs, add a little sugar. Arrange your apples in the middle of a dish and cover with the meringue, sprinkle with a few dropped almonds and brown in a gentle oven. M. H. H.

Apples With Rice.

Eight small apples, one-half cup of seeded raisins, two tablespoonfuls butter, one cup of cooked rice (hot), two cups of milk and three eggs. Arrange the pared and cored apples in a baking dish and fill the cavities with currant jelly; surround with rice which has been mixed with the hot milk, butter, raisins, egg yolks and flavoring. Cook in oven until apples are tender. Cover with a meringue made with the whites of the eggs and powdered sugar and return to oven to brown. This is good either hot or cold. MRS. F. B. HARPER.

Boiled Apple Dumplings.

Two-thirds cup of mashed potatoes, one cup of flour, one teaspoonful yeast powder, one tablespoonful lard, salt to taste. Put potatoes in saucepan and cook until well done, then mash, add flour, salt and yeast powder and roll in round pieces. Pare and core apples; use whole or in pieces; roll in the dough and boil in separate bags. Serve with sugar and cream or with sauce. This will serve three persons.

MRS. W. D. PENNINGTON.

Oranges With Cranberries.

One cup of cranberries, one cup of sugar, two cups of water, two oranges. Wash and pick over the cranberries, put on to boil with two cups of water. Put over a very hot fire so they will boil at once. Cover for a few minutes, remove cover and mash; add the sugar and boil for three minutes. Mash through a colander first and then through a fine strainer, so no seeds will get through. Set aside to get cold. Pare the oranges as you would apples, removing all the white; chip the oranges very fine, put into sherbet glasses and pour over them the cranberry juice. This will serve four persons.

MRS. STANLEY MATTHEWS.

Rice Dumplings.

Take one cup of rice, boil in clear water until done and dry; divide in six parts. Take one-half of a can of peaches cover the top of peaches with raisins, mold the rice around the peaches and boil like you do an apple dumpling in a cloth. Serve with hot sauce.

MRS. S. B. PARROTT.

Cottage Pudding.

One cup of milk, one-half cup of sugar, one egg, two tablespoonfuls melted butter, one teaspoonful baking powder sifted with one pint of flour. Bake half an hour and serve with lemon sauce.

J. B. M.

Hasty Fruit Pudding.

One pint of fruit (cherries are best), one cupful flour, one teaspoonful baking powder, two tablespoonfuls sugar, water enough for stiff batter. Heat fruit and add water,

if necessary. Mix flour, salt, baking powder, then add water. Drop batter from spoon into hot cherries, cover and boil ten minutes. Serve with hard sauce. O. H. M.

Marshmallow Loaf.

Dissolve one tablespoonful Knox Gelatin in one-half cup of hot water, stir into this the beaten whites of four eggs; add one cup of sugar and one-half cup of cold water; beat for one minute. Divide this mixture into three or four parts, flavoring each differently and coloring each differently with vegetable coloring matter. Let this stand until it is stiffened so the mixture will not run. Dust a loaf cake tin with powdered sugar. Put in one color, sprinkle with chopped walnuts and raisins; then in turn put in the other colors with chopped nuts and raisins between each layer. Set on ice to harden. Serve in slices with whipped cream and Maraschino cherries.

DAISY M. BARNETT.

Spanish Cream.

Soak one-half box of Knox Gelatin in one-half pint of milk for one hour; beat the whites of six eggs to a stiff froth and put in a deep dish. Put one quart of milk on stove; when ready to boil stir in the yolks of the six eggs, well beaten and mixed with sugar to taste and the gelatin; stir until it thickens, as for custard. While boiling hot, pour over the whites of the eggs, stirring same. Flavor with vanilla. Pour in molds and let stand for at least four hours. Serve with whipped cream.

MRS. R. W. SHALLCROSS.

Nut Frappé.

One-half envelope Knox Sparkling Gelatine, one-quarter cup cold water, one-half cup sugar, one cup pineapple and strawberries, one pint cream, white of one egg, one cup chopped nuts. Soak gelatine in the cold water five minutes and dissolve over hot water. Add dissolved gelatine to cream and sugar and stir in beaten white of egg. When cold, add the pineapple and strawberries which have been chopped in small pieces; also the chopped nuts. Serve ice cold in sherbet glasses.

K. C.

Fruit Gelatine.

One box Knox Gelatine, two cups cold water, four cups boiling water, two cups sugar, four lemons, two oranges, one-half dozen bananas, one large cup canned pineapple and sun-preserved red cherries. Soak the gelatine in the cold water five minutes, pour in boiling water, stirring until dissolved; continue stirring while adding sugar until all is thoroughly dissolved. Let cool, then add the fruit—juice of lemons, thoroughly strained; pulp of oranges (taken out with spoon), bananas sliced and pineapples (cut fine). Pour in molds and let stand in cool place until it hardens. Better to stir several times as it begins to thicken, as some of the fruit is apt to sink to the bottom.

O. H. M.

Lemon Sponge or Snow Pudding.

One envelope Knox Sparkling Gelatine, one cup sugar, whites of two eggs, three-quarters pint cold water, three-quarters pint boiling water, rind and juice of two lemons. Soak the gelatine in the cold water five minutes. Dissolve in boiling water and add grated rind and juice of the lemons and sugar. Stir until dissolved. Strain and let stand in a cool place until nearly set. Then add the whites of the eggs, well beaten, and beat the mixture until it is light and spongy. Put lightly into glass dish or shape in mold. Serve with a thin custard made of the yolks of the eggs, or cream and sugar. Other fruit juices may be used, keeping the same proportions; when juice of less strength than that of lemon is used it may take the place of a part of the water. In this case the juice of one lemon to each quart of jelly will bring out the flavor of the fruit.

K. C.

Plum Pudding.

One cup sugar, one cup suet, one cup currants, one cup milk, one cup molasses, one cup raisins, one-quarter pound butter, enough flour to make a stiff paste, mixed with two teaspoonfuls yeast powder. Put in a bag and boil three hours.

MRS. G. W. ATWELL.

Rice Pudding.

One-half cup of rice (scant), one quart of milk, three-quarters cup of sugar, a little grated nutmeg. Cook about three hours in a slow oven. MRS. CLARENCE W. FORD.

Queen of Puddings.

To one quart of milk add one pint of bread crumbs and let stand for half an hour, then add a cup of sugar, yolks of three eggs, beaten light; the grated rind of one lemon and a piece of butter the size of an egg, melted and stirred in. Butter a pudding dish and put the pudding in. Bake about three-quarters of an hour, or until pudding shrinks from side of dish. Beat whites of eggs very light, add cup of sugar and the juice of a lemon. Spread over top of pudding jam or jelly, then add meringue made as above directed and brown in quick oven. MRS. J. H. K.

Prune Whippe.

Take one pint of prunes, wash clean and cook until tender; let them stand over night and take out stones. Whip together the prunes, a cup of chopped nuts and three-quarters cup of sugar until light. Beat until light the whites of four eggs, then beat the eggs with the prunes and bake in a slow oven twenty minutes. Serve warm with whipped cream. M. R. M.

Cream Puffs.

Into a cup of boiling water put one cup of flour and one-half cup of butter; cook, stirring constantly until it cleaves from the pan like putty. Let cool, add three eggs, one at a time, without beating, until well blended. Put into pans in neat compact dabs and bake in hot oven for twenty-five or thirty minutes. M. K. ROSEBERRY.

Peaches.

Fill cavities of halves of peaches (canned) with marshmallows and put in hot oven to brown quickly. Serve with the juice, two to each person. H. B. C.

Pumpkin Custard.

One quart of pumpkin (cooked and strained), one cup of milk, one-half cup of sugar, one teaspoonful lemon

flavoring, four eggs, beaten separately; four tablespoonfuls flour, wet with part of quart of milk; one nutmeg and a little salt. Bake in baking dish or ramekins and serve with whipped cream and nuts on top.

HATTIE BARNARD COLLINS.

Tapioca Custard.

One-half cup of instantaneous tapioca, one quart of milk, two eggs, one-quarter cup of sugar, one-half teaspoonful salt, one teaspoonful extract vanilla. Stir tapioca into two cups of milk, beat egg yolks together, add vanilla; bring balance of milk to boil and stir in the mixture. Cook two minutes. Beat whites of eggs to stiff broth, add four tablespoonfuls powdered sugar and put over custard. Brown in slow oven. MARY C. NORRIS.

Cup Custard.

Though the usual rule for a custard is eight eggs to a quart of milk, a good custard can be made of six or even less eggs with the addition of a level tablespoonful of cornstarch thoroughly blended in the sugar before adding the ingredients. Beat eggs, sugar and milk and any Bee Brand Extract or flavoring you may like. Fill custard cups, sift a little Bee Brand nutmeg or cinnamon over the tops, set them in a moderate oven in a shallow pan half filled with hot water. In about twenty minutes try them with the handle of a teaspoon to see if they are firm. Judgment and care is needed to attain skill in baking custard, for if left in the oven a minute too long or the fire is too hot the milk will certainly whey.—Taken from "McCormick's Manual of Cookery."

Harper's Delight.

First make sponge cake as follows: Three eggs, one cup sugar, one tablespoonful hot water, one cup sifted flour, one teaspoonful baking powder, a little salt. Bake twenty minutes in moderately quick oven.

Custard for Cake.

One pint milk, three-quarters cup sugar, yolks of two eggs, one tablespoonful cornstarch. Boil milk in double

boiler; when boiling, add eggs and sugar well mixed, cornstarch also. Stir constantly. As soon as thick remove from fire and let cool (best very cold). About two hours before using cut the cake in squares and place in dish. Cut four oranges in small pieces, put over top of cake in same dish, then pour the custard over the cake and oranges. Beat the whites of the two eggs very light, add two tablespoonfuls sugar and pile on top of custard. This is a dish fit for a king.

L. B. H.

Strawberry Short Cake.

Two cups flour, two teaspoonfuls yeast powder, two tablespoonfuls sugar, four level tablespoonfuls butter, one cup milk. Bake in two pie plates. Split and butter. Have ready one and one-half or two quarts of sweetened strawberries. Spread between layers, reserving whole ones for top. Serve with cream.

COMMITTEE.

English Mincemeat.

Three pounds chopped apples, one and one-half pounds beef suet, one pound raisins, one pound sugar, one-half pound citron, one-half pound nuts, candied lemon and orange peel, one teaspoonful cloves, cinnamon and salt, three-quarters of a grated nutmeg, juice and grated rind of one lemon, one glass of brandy. Mix well and cover a few days before using.

MARY HARPER HARRIS.

Mincemeat.

Three pounds boiled beef, one pound suet, three pounds brown sugar, one-half peck apples, two pounds raisins, one and one-half pound currants, one pound citron, one grated nutmeg, allspice and cinnamon to taste. Chop suet and apples fine. Mix them, add seasoning and citron. Pour on sweet cider enough to make thick batter.

MRS. ALBERT JERVIS.

FROZEN DESSERTS.

Ice Cream.

One gallon of milk, one quart of cream, four eggs, three tablespoonfuls cornstarch, sweeten to taste. Take one quart of the milk and put it on the stove and beat the yellows of the eggs with the cornstarch; add to the milk and let it cook; then put the sugar in and remove from stove and let cool. When cool add the remainder of the milk and cream. Put it in the freezer and when nearly frozen beat the whites of the eggs and put them in. Flavor to taste.

MRS. A. J. HACKETT.

Orange Water Ice.

Twelve oranges, three lemons, three pounds sugar, three eggs, three quarts water. Boil half of sugar and half of water together for ten minutes, then let it cool. Mix together juices of fruit and other half of sugar and let stand one hour to ripen. Combine juice and syrup and add the eggs well beaten. This makes one gallon of water ice.

MRS. K. RICARDS.

Peach Glacé.

One quart of peaches, strained; one quart of water, sweetened very sweet; one teaspoonful vanilla. Stir one beaten egg in just before freezing.

MRS. W. D. P.

Fruit Sherbet.

One-half envelope Knox Sparkling Gelatine (scant measure), one and one-half cups sugar, one orange, three cups rich milk, one lemon. Grate the outside of both orange and lemon. Squeeze out the juice and add to this the sugar. Soak the gelatine in part of a cup of milk for five minutes and dissolve by standing in pan of hot water. Stir in the rest of the milk. When it begins to freeze add the fruit juice and sugar, and fruit of any kind if desired. This makes a large allowance for five persons.

K. C.

Frozen Custard.

This quantity makes one gallon: Six eggs, one and one-quarter pounds sugar, one-quarter bottle (25-cent size) vanilla. Beat eggs and sugar until very light. Three quarts milk. Let milk come to boiling point. Pour over eggs and sugar. Pour all together. Let boil until it thickens. Add vanilla after it cools.

MRS. JAS. H. BAKER.

PIES.

The general formula for pie crust is one and one-half cups flour, one-half cup fat (lard makes the flakier crust), one and one-half teaspoonfuls salt, water to moisten. Have ingredients cold and handle as little as possible.

COMMITTEE.

Lemon Cake Pie.

Juice and grated rind of one large lemon, two scant tablespoons flour, one tablespoon melted butter, yolks of two eggs, one cup sugar, one cup milk. Mix all together and add beaten whites of eggs, bake with one crust. When baked there will be a delicate top of cake on the pie.

MRS. R. P. NICHOLS.

Potato Custard.

Two cups mashed potatoes, three eggs, cup sugar, one-half teacup of butter, two cups milk, flavor with vanilla. Beat butter and sugar together, add well-beaten yolks. Add this to potatoes, beat until light, add milk and put in baked crust. Cook in oven about one-half hour until set. Add well-beaten whites with a little sugar and brown slightly.

KATIE B.

Lemon Custard.

Grate the rind of one lemon, add the juice, yolks of two eggs, two-thirds cup of sugar, one tablespoonful corn-starch. Beat until light and smooth. Then add teacup of

boiling water and butter the size of walnut and cook until stiff enough, then put in the baked pastry and cover with the whites, beaten stiff, with tablespoonful sugar and brown slightly.

S. C. RASIN.

Cocoanut Custard.

One cocoanut, grated; four eggs, two cups sugar, one-half cup butter milk of cocoanut one tablespoonful cornstarch. Beat in two large crusts.

MARY C. NORRIS.

Lemon and Raisin Pie.

Two small lemons, teacupful sugar, one egg, one tablespoonful butter, one tablespoonful flour, two and one-half cups boiling water, one cup raisins (cooked one hour), a little salt. Stir the flour in a little cold water and mix all, putting in the beaten egg last not to scald it.

A. W. RASIN.

Apple Custard.

Six large tart apples (cooked), two ounces butter, one cup milk, a little salt, nutmeg (grated), peel of lemon and juice, sugar to taste, three eggs. Mix well together, turn in deep pie plates lined with puff paste. Bake in a quick oven until custard is set.

MRS. J. W. HOWARD.

English Apple Pie.

Butter a deep pie dish. Fill the dish with sliced apples, sprinkle with a cup of sugar and a little nutmeg. Put over it two teaspoonfuls butter in bits and a teaspoonful cold water. Cover with good paste and bake forty minutes. Serve with cream.

M. H. H.

Cream Pie.

One quart milk, three-quarters cup sugar, three heaping tablespoonfuls cornstarch, three eggs, pinch of salt, one-half teaspoonful vanilla. Mix sugar, cornstarch and salt, moisten with milk, add yolks of eggs, stir into the hot milk and cook until it thickens. Put in baked crust, with whites of eggs and two tablespoonfuls sugar, beaten stiff, placed on top. Brown in oven.

MRS J Y. BAXTER.

Cream Pie With Chocolate Meringue.

One quart milk, three tablespoonfuls cornstarch, one cup sugar, two tablespoonfuls butter, yolks of four eggs, flavor with vanilla; meringue whites of four eggs, four tablespoonfuls sugar, one-quarter cake melted chocolate. Cook filling until thick. Cook under crust first, then add filling and meringue and brown. MRS. HENRY PRICE.

Pumpkin Pie.

One pint cooked and strained pumpkin, one quart milk, four eggs, two cups sugar. Sprinkle pies with cinnamon before baking, using whites of eggs with a little sugar for meringue on top. MRS. EVA SHORT.

Charlotte Russe Pie.

Three eggs, one cup sugar, one and one-quarter cups flour, one tablespoonful cold water, one teaspoonful yeast powder. Bake in two pie plates, and when cold cut in half and put cream filling between layers made as follows:

Cream Filling.

One pint milk boiled; beat two eggs and add to them one cup sugar and one-half cup flour. Pour boiling milk over them and put on fire to get thick. Stir to keep from burning. Flavor to taste when taken off fire.

MRS. EDW. HEPBORN, SR.

Cream Pie.

Three eggs, one and one-half cups sugar, two cups flour, one-half cup cold water, juice and grated rind of one-half lemon, one teaspoonful soda. Beat eggs two minutes, add sugar, beat five minutes; add one-half the flour and water and the lemon, then the other half of flour and soda the last thing; beat one minute. Bake in two cake pans. Filling made as follows: One cup sugar, one-third cup flour, two eggs, beaten; two and one-half cups milk, flavor with vanilla, cook until it thickens. When ready to serve, spread filling between the two layers and cut it like cake.

MRS. J. W. ROBINSON.

CAKE.

General Directions for Making Cake.

Beat the butter to a cream. Cream the butter and sugar together; beat the whites and yolks of eggs separately.

The yeast powder should be sifted through the flour; soda dissolved in sour milk or in a little warm water.

The success of your cake depends much on having the flour well sifted and the other ingredients thoroughly beaten together before the flour is added, after which stir as little as possible.

Currants^d should be carefully picked over and washed in a colander until clean, then spread on tins before the fire; when dry, put away for use. Raisins should be seeded and cut or chopped, as preferred.

To blanch almonds, pour on boiling water and rub off the skins.

Fruit should be dredged with flour before putting it into the cake to prevent it settling.

Be sure to have your oven at the right temperature.

Also be careful not to jar cake after placing in over by slamming oven door, walking heavily across floor, etc., or else your cake is very apt to fall.

It is recommended that only standard flavors and spices be used in these recipes. McCormick's Bee Brand is worthy of particular mention.

Cup Cake.

Four eggs, one cup butter, two cups sugar, three cups flour, one cup milk or cream, two teaspoonfuls baking powder, flavor to taste. Bake in layers. Use any icing preferred.

MRS. E. B. PARROTT.

Angel Food.

Whites of eleven eggs, one and one-half tumblers granulated sugar, one tumbler of flour, one teaspoonful cream of tartar, one-half teaspoonful bitter almond. Mixing:

Sift flour four times, add cream of tartar, sift sugar once, mix sugar, whites of eggs and flavoring, and last flour, lightly as possible. Bake in a good oven forty minutes. When done turn pan down on table with something under edges to let out the steam and leave until cold.

MRS. JULIAN JONES.

Ice Cream Cake.

One-half cup butter, two cups sugar, two and one-quarter cups flour, three teaspoonfuls yeast powder, one cup milk, one cup cornstarch, whites of four eggs. Bake in layers and put together with the following:

Icing.

Two cups pulverized sugar, six tablespoonfuls water. Let boil. Pour slowly into the well-beaten whites of two eggs. Beat until cool. Flavor with vanilla.

MRS. JAS. S. WEBB.

Plain Loaf Cake.

Six eggs, one-half pound butter, one pound sugar, one pound flour, one cup milk, three teaspoonfuls baking powder. Flavor as desired. Bake in moderate oven one and one-quarter to one and one-half hours. O. H. M.

White Pound Cake.

One pound sugar, one pound flour, six ounces butter, whites of twelve eggs, one cup milk, one-half teaspoonful soda, one teaspoonful cream of tartar. Mix butter and sugar together, then add the milk and flour, little at a time; lastly the whites, beaten light.

MRS. L. P. ATWELL.

White Mountain Cake.

Two cups sugar, one cup milk, whites of five eggs, three-quarters cup butter, three cups flour, three teaspoonfuls baking powder. Use any flavor to suit taste. Cream butter and sugar, add milk, the whites of eggs, well beaten, and flour sifted with baking powder. Bake in three layers and put together with the following:

Cocoanut Filling.

Whites of three eggs, three cups pulverized sugar, one grated cocoanut. Leave out about one-half cup cocoanut to sprinkle over top and sides of cake immediately after spreading.

L. B. H.

Nut Cake.

Four eggs, two cups sugar, one cup butter, one-half cup cold water, three and one-half cups flour, one cup hickorynut meats, two teaspoonfuls good yeast powder. Flavor with lemon and vanilla. Whites and yolks of eggs are beaten separately.

MRS. E. W. HORSEY.

Caramel Cake.

Use same batter as for white mountain cake. A few drops of red vegetable coloring in middle layer makes a much prettier cake. Vanilla flavoring. Put together with caramel icing (see icings).

O. H. M.

Fruit Cake, No. 1.

Four eggs, one cup butter, two and one-half cups sugar, one cup strong coffee, one glass jelly, two pounds raisins, one pound currants, one-half pound citron, one-half pound figs, one orange, one lemon, grated rind and juice; two tablespoonfuls cinnamon, one teaspoonful cloves, one nutmeg, two teaspoonfuls yeast powder. Flour to make a stiff batter. Bake in very slow oven for three hours.

MRS. K. RICARDS.

Fruit Cake, No. 2.

Two pounds raisins, two pounds currants, one pound figs, one-half pound citron, one pound sugar, one pound butter, one pound flour, one dozen eggs, one-half cup brandy, juice of three oranges, a little salt. Cut all the fruit in small pieces and flour well over night; cut the raisins in two if large. Mix eggs, butter, brandy and sugar, as for any other cake, and last put in the fruit. Bake it four hours very slowly and then try with a straw, if not soaked put back in oven. Beat the whites of the eggs separate and stir in lightly after everything is mixed.

MABEL CLEAVER.

Mother's Raised Cake.

Two cups light bread dough, one cup shortening, one and one-half cups sugar, two eggs, one and one-half cups milk, one teaspoon soda, one teaspoonful cinnamon, one-half teaspoonful cloves, one cup raisins. Mix with hands till smooth, all parts except milk and raisins, which are added.

T. E. B.

Ginger Bread.

One cup sugar, one cup molasses, one-quarter cup lard, two teaspoonfuls ginger, two teaspoonfuls cinnamon, one cup sour milk, one teaspoonful soda, flour enough to make stiff enough to drop from spoon. Bake in slow oven.

MRS. M. V. TURNER.

Soft Ginger Bread.

Two eggs, butter size of an egg, one-half cup water, two-thirds cup sugar, one cup molasses, one-half teaspoonful soda, two cups flour, one teaspoonful cinnamon, one teaspoonful ginger, one teaspoonful allspice.

MRS. J. S. HARRIS.

Velvet Sponge Cake.

Four eggs, two cups sugar, two and one-half cups flour, one teaspoonful vanilla, one cup hot water, two teaspoonfuls baking powder. Beat the eggs very light, then add the sugar and beat until it is creamy, then add vanilla and flour, just folding it in, but do not beat; at last add the boiling water and bake in a moderate oven.

RUTH BAXTER.

Sponge Cake.

Six eggs, two and one-half cups sugar, three cups flour, three teaspoonfuls yeast powder, one cup boiling water, flavor to taste. Beat the eggs light, beat in sugar, then add one-half cup boiling water, then flour and yeast powder, sifted together; last the other one-half cup of boiling water and flavoring and beat well. Bake in a sheet or in layers in quick oven.

M. CATHERINE FOGWELL.

Minnehaha Cake.

Five eggs, two cups sugar, one cup butter, one cup milk, four cups flour, two teaspoonfuls yeast powder, vanilla flavoring. Bake in layers. Use the following:

Filling.

Boil two cups of sugar with just enough water to dissolve it until clear. Pour while boiling hot over the beaten whites of two eggs and beat hard till smooth, then add vanilla, one-half pound of blanched almonds, one-half pound English walnuts, one-half pound raisins, also figs, if desired; cut fine and spread between layers and over outside of cake; save about eight half walnuts to place on top.

LUCILLE C. PARR.

Brown-stone Front.

One-half cup butter, melted; two cups brown sugar, three eggs, two cups flour, two and one-half squares chocolate, melted in one-half cup hot coffee, one teaspoonful soda, melted in one-half cup sour milk. Bake in layers and put together with caramel icing with chopped walnuts.

MRS. J. T. B.

Watermelon Cake.

White Part: Two cups white sugar, one each of butter and milk, three and one-half cups flour, whites of five eggs, two teaspoonfuls cream of tartar and one of soda sifted several times with the flour. Red Part: One cup sugar, one-half cup butter, one-third cup of milk, two cups flour, whites of four eggs, one teaspoonful cream of tartar and one-half teaspoonful of soda sifted several times with the flour, one teacup of large raisins. Cream the butter and sugar together (each part separately mixed), add slowly the milk; have the whites of the eggs beaten to a stiff froth; stir the prepared flour into the mixture, stirring until the batter is smooth; then stir in the whipped eggs and a few drops of red vegetable coloring. Cut the raisins lengthwise, mix well with a little of the flour and stir in last. Use a well-buttered pan with a tube in it. Fill the white part around the outer edge of the pan, piling the red part around the tube, which should be done by two persons, else the parts are apt to run into each other. The raisins should only be used in the red part to represent seed. Cover the red part at the last with the white batter. Bake two hours in a slow oven. Cover with green icing if you like. MRS. GEO. W. RASH.

Old Maid's Cake.

One pound flour, one-half pound sugar, one-quarter pound butter and lard, one-half pound raisins, one-half pound currants, one-quarter pound citron, four tablespoonfuls wine, a scant cup of milk, one tablespoonful soda, one teaspoonful each of ground cloves, ground cinnamon, ground ginger, and one-half teaspoonful ground allspice. Sift soda into the flour and mix all smoothly.

MRS. S. S. H.

Fig and Date Cake.

Six eggs, beaten separately; one cup butter, two cups sugar, creamed with butter; two teaspoonfuls flavoring, three cup flours, sifted twice; two teaspoonfuls baking powder, one pound figs, one pound dates. Chop the fruit fine and mix with a portion of the flour. EMMA JARRELL.

Chocolate and White Cake.

Chocolate Part: One-half cup butter, one-half cup milk, one and one-half cups sugar, four eggs, one and three-quarters cups flour, four squares chocolate dissolved in five tablespoonfuls water, two teaspoonfuls baking powder, one cup nut meats, one cup raisins. White Part: One cup sugar, one-half cup butter, whites of three eggs, two-thirds cup milk, two cups flour, two teaspoonfuls baking powder, flavor with lemon or vanilla, one cup shredded cocoanut. Bake in layers, frost with white frosting, decorate with halves of walnuts. MRS. SALLIE B. NORRIS.

Devil Cake.

One-half cup butter, one cup sugar, three eggs, one-half cup milk, two cups sifted flour, two heaping teaspoonfuls yeast powder. Grate one-half cake of unsweetened chocolate, after mixing add three-quarters cup of milk, one cup of sugar and yolk of one egg. Put this on tea kettle to melt until smooth and then add one teaspoonful of vanilla. Make this mixture first so it can cool while mixing the above part; when it is cool stir it into the last part. Make three layers. MRS. EDWARD W. FORD.

Apple Sauce Cake.

Cream together two cups sugar and one-half cup butter or lard, add a little nutmeg, cloves and cinnamon, add two cups raisins. Dissolve two teaspoonfuls soda in a little warm water and stir into two cups unsweetened apple sauce and add to the other mixture; add three and one-half cups flour. Bake in loaf.

MRS. H. A. RICARDS.

Checker-Board Cake.

If this cake is not made with care and the batter is too thin, there will be no "checker board."

Six eggs, whites only; two cups sugar, one cup sweet milk, three-quarters cup butter, four cups sifted flour, or three cups if you measure before you sift it; two teaspoonfuls yeast powder, two teaspoonfuls lemon. Divide the batter into two equal parts and color one-half of it with dissolved chocolate. Drop the batter into layer pans in rings in this way. First place a small circle of the white batter in the center of the pan and carefully place around it a ring of the brown batter about one and one-half inches wide. Around the brown ring place another of white, then a brown one, continuing this way until the pan is filled, being careful to have the rings as nearly a uniform width as possible. In the next layer reverse the color scheme by beginning with the center ring brown and the next white and so on, alternating until the pan is filled. Reverse colors in each subsequent layer until all of the batter is used. Any good filling may be used between the layers and the top may be iced or covered with the filling or dusted with powdered sugar.

MAE W. JEWELL.

Spice Cake.

One-half cup butter, one and one-half cups granulated sugar, one-half cup milk, four eggs, one and three-quarters cups flour, one teaspoonful nutmeg, one teaspoonful cinnamon, one-quarter teaspoonful cloves and ginger mixed, one teaspoonful yeast powder to every cup of flour and save whites of two eggs for icing. Bake in layers.

ANNA BOWERS.

Yellow-Kid Cake.

Whites of four eggs, one-half cup butter, two cups sugar, one cup milk, one cup cornstarch, two cups flour, three teaspoonfuls baking powder, one teaspoon flavoring. Bake cake in three layers and use the following:

Icing.

Yolks of four eggs, beat yolks until light looking; juice and grated rind of one lemon, one pound pulverized sugar.

HALLIE E. COOPER.

Raisin Cake.

Three eggs, two cups sugar, one cup butter, one cup milk, three cups flour, one grated nutmeg, three teaspoonfuls cinnamon, two boxes raisins, two teaspoonfuls baking powder. Bake three hours.

MRS. R. G. WARREN.

Cocoanut Cake.

Whites of six eggs, two cups powdered sugar, three-quarters cup butter, one cup milk, three and one-half cups sifted flour, one teaspoonful of lemon, two teaspoonfuls baking powder. Bake in layers, and use following:

Icing.

Whites of three eggs, one pound pulverized sugar, two cocoanuts.

MRS. J. C. BOWERS.

ICINGS.**Boiled White Icing.**

To one-third cup of boiling water add gradually one cup granulated sugar. Boil until it spins a long thread, when pour slowly over the well-beaten white of one egg, beating all the while until cool, when spread. If a thick icing is desired, use double quantity or more, and as soon as the syrup begins to boil after sugar is added, take out a little by degrees, pouring over well-beaten egg and

beating constantly. The last to be added will thus be overdone, making up for the first that was taken out underdone. With care this makes a fine icing. Flavor as desired.

O. H. M.

Chocolate Icing.

One-quarter cake chocolate, two tablespoonfuls milk, one cup sugar, three tablespoonfuls boiling water, butter the size of walnut. Mix all together and boil five minutes. Beat until stiff and spread between layers and on top.

L. B. H.

Caramel Icing.

One pound brown sugar, one-half cup milk, butter the size of an egg. Cook about ten minutes. Beat until ready to spread. Flavor with vanilla.

MRS. L. W. FORD.

Orange Filling.

Mix one cup sugar, grated rind and juice of one orange, two tablespoonfuls flour and one egg. Cook until smooth and creamy.

CARRIE SCHOFIELD.

Lemon Filling.

Two eggs, beaten light; add one and one-half cups sugar, two tablespoonfuls butter, beaten together; juice and grated rind of two lemons. Cook in a double boiler till thick. Take three tablespoonfuls of the filling and mix with pulverized sugar to ice the cake.

S. C. RASIN.

Cocoa Icing.

Two cups XXXX sugar, six teaspoonfuls cocoa, four tablespoonfuls melted butter, four tablespoonfuls hot milk or coffee, two teaspoonfuls vanilla. Beat until smooth and thick. Ice while warm.

HOPE HACKETT.

SMALL CAKES.

Jumbles, No. 1.

Six eggs, two pounds sugar, one-half pound butter, one-quarter pound lard, small teacup milk, nutmeg, lemon and vanilla to flavor, two teaspoonfuls cream of tartar, one teaspoonful soda dissolved in hot water, flour to make soft dough, just stiff enough to roll. Take part of flour, mix nutmeg and cream of tartar with it; work butter and lard in; beat eggs light, then beat sugar in little at a time until all is used, then milk, vanilla and lemon; put hot water on soda and beat in last; add mixture to flour you have mixed, then work in more flour until you have a smooth soft dough. Cut out and bake in hot oven. If you prefer yeast powder, it can be used in place of soda and cream of tartar.

MRS. SALLIE B. NORRIS.

Jumbles, No. 2.

One cup sugar, one cup butter, two cups flour, two eggs, two teaspoonfuls yeast powder. Flavor with vanilla.

MRS. S. C. RASIN.

Grandma's Cookies.

One egg, one cup sugar, one-half cup lard, one-half cup milk, two heaping teaspoonfuls yeast powder, pinch of salt, flour to make dough easily handled. Roll out and cut with cookie cutter. Bake in a quick oven.

MRS. R. A. CROWDING.

Boston Cookies (3½ Doz.)

One and one-half cups sugar, one-half teaspoonful salt, three eggs, one teaspoonful soda, one cup butter, one teaspoonful cinnamon, one cup English walnuts, one-half cup raisins, one and one-half tablespoonfuls hot water, one cup chopped dates, three and one-quarter cups flour. Cream butter and sugar, add eggs well beaten; then add soda dissolved in the hot water and one-half of the flour mixed and sifted with salt and cinnamon. Add nut meats, fruit and remaining flour. Drop by spoonful on buttered pans and bake in moderate oven.

R. D. H.

Clabber Cookies.

One cup clabber, two cups sugar, one teaspoonful soda beaten in clabber until thoroughly smooth, one cup shortening, juice and grated rind of lemon, flour enough to make stiff dough. Roll very thin, sprinkle with granulated sugar and cut out. Bake in quick oven.

MRS. MATTIE GALE.

Oatmeal Cookies.

Two eggs, one and one-half cups sugar, two-thirds cup butter and one-third cup lard, three-quarters teaspoonful soda, dissolved in milk; one pinch salt, two cups oatmeal, one heaping teaspoonful cinnamon, one scant teaspoonful cloves, one cup raisins, one-half teacup milk, two cups flour. Drop by teaspoonful on well-buttered pan two inches apart.

O. H. M.

Drop Cakes.

One cup butter, one cup sugar beaten to a cream, one egg, one tablespoonful ginger, one teaspoonful soda, one cup molasses, one cup boiling water, five cups flour, or enough to make a batter stiff enough to drop off the spoon in a dripping pan and keep its round shape. Bake in quick oven.

MRS. W. W. RASIN.

Peanut Wafers.

One cup sugar, one-half cup (scant) butter, three-quarters cup milk, one and one-half cups flour. Grind your peanuts medium fine, one quart; turn baking square face upside down; spread the mixture thin on bottom of pan and over this sprinkle lightly the ground nuts. When cooked cut in squares and slightly roll while warm.

MRS. HENRY DAVIS.

Peanut Cookies.

Two eggs, one cup butter, one-half cup milk, one teaspoonful baking powder, one and one-half cups sugar, three cups sifted flour, one-quarter teaspoonful salt, one-half lemon, grated rind and juice, one cup chopped peanuts. Drop by one-half teaspoonful on well-greased pans two inches apart.

ANNA WALTER.

Hermits.

One cup sugar, one-half cup molasses, one-half cup sour cream; one-half cup melted butter, one-half teaspoonful soda, one teaspoonful cinnamon, one-half teaspoonful allspice, one-quarter teaspoonful nutmeg, one egg, two cups flour, one cup chopped raisins or figs, one cup chopped nuts. The soda is put in the cream. Drop cakes from spoon right far apart.

MRS. ED. HEPBORN, SR.

Chocolate Kisses.

Six ounces chocolate, whites of five eggs, beaten light; one pound pulverized sugar, five heaping tablespoonfuls flour. Drop the mixture from spoon on buttered pan a little distance apart. Allow time to cool before taking from pan.

MRS. HARRY DAVIS.

Walnut Macaroons.

One pound granulated sugar, whites of five eggs, one pound black walnut kernels (ground), two tablespoonfuls flour. Beat the whites of the eggs very light; then beat the sugar well into it; drop off the end of a knife on well-greased pan; bake in a slow oven.

MRS. R. W. SHALLCROSS.

Ginger Cakes.

One pint molasses, one cup sugar, one cup lard, one tablespoonful soda, beaten in molasses, one tablespoonful each of ground ginger and cinnamon. Beat above ingredients together while molasses is hot. Add flour enough to roll out. Cut in cakes and bake.

MISS M. HARPER.

Ginger Gems.

One cup molasses, one cup sugar, three-quarters cup butter or lard, two eggs, one-half cup water or cold coffee, one-half cup sweet milk. Make as stiff with flour as can be stirred, add all kinds of spice and one cup of raisins or currants, if desired; one teaspoonful of soda and one of baking powder.

MRS. C. W. FORD.

Lady Fingers.

One cup butter, three cups flour, two cups sugar, four eggs. Cream the butter and add sugar, then yolks of eggs; add a little flour, the whites of the eggs and more flour; roll out in sugar, press flat with fingers and bake in hot oven in greased pans until they begin to brown.

MRS. E. M. BONWILL, JR.

Crullers (6 Doz.)

Two cups sugar, two cups hot mashed potatoes, one cup sweet milk, three eggs, two heaping teaspoonfuls baking powder, two teaspoonfuls melted butter, a little salt, flavor with nutmeg, flour enough to roll out.

MRS. R. P. NICHOLS.

With cup of yeast added and let lighten, above recipe can be used for doughnuts. Flavor with ginger.

MRS. J. T. BAXTER.

Lightened Doughnuts.

Heat one quart of milk to boiling, melt in this one-half pound lard; beat three eggs with one pound sugar and pour the boiling milk in this, stirring constantly; one teaspoonful salt. Let this set until luke warm, then add one large cup good yeast and flour to make stiff batter. Start this in the morning; at night, if sponge is light, add one more pound of sugar, one grated nutmeg, flour enough for soft dough. If well lightened in the morning, roll and cut one-half inch thick. Let rise two hours or fry at once (best to let rise); fry in boiling lard, sprinkle with pulverized sugar and cinnamon.

MRS. E. P. ROBERTS.

CANDIES.

Cream Fondant Candies.

The secret of good candy is good fondant. To make the kind that will keep fresh for a long time, do not use either egg or cream of tartar.

Put three cups of XXXX sugar in a bowl or agate pan, pour in, while stirring, one-half cup of boiling water and continue to stir until all lumps are gone. Cover and let stand for an hour or two, then stiffen with more sugar until it can be handled and worked like light bread. After working until creamy, about five minutes, it is then ready to flavor and mold.

Unless you want a great deal of one kind of candy, it is best to divide the batch of fondant and color and flavor each as you mold them. Add a little vanilla to a portion of it, pinch off a piece the size of a hazel nut, it will do to use as a walnut cream plain, with half nut on top or dipped in chocolate. In an olive shape use it for almonds, either plain or coated. One chunk of the fondant, flavored with maple sugar flavoring, rolled into a tiny cylinder, makes an ideal filling for stuffed dates. Peppermint creams are easily made by adding essence of peppermint to the plain fondant and pressing the balls flat in the palm of the hand. These may be colored green or pink by using a good vegetable coloring matter.

Sweet potatoes are made as follows: Grate a fresh cocoanut and let dry out in the oven for a few minutes. Use two cups cocoanut, two cups sugar, one-quarter cup boiling water. Mix and let stand for two hours. Then stiffen, flavor with vanilla and break off small pieces. Shape these like fingers and drop in a dish of cinnamon. Have some one to roll them in this, as they will be smeary if one does it alone.

To make orange sticks, use the grated rind and juice of one orange and add enough XXXX sugar to make it look like thick cream. After two hours stiffen and roll same as for sweet potatoes and use plain or dipped in chocolate.

Candies should be kept twenty-four hours before dipping. Use Baker's Chocolate melted in a bowl set in a pan of boiling water. When it is liquid, drop the candies in and remove at once with a fork or hat pin. place on sieve or colander to drain off, then drop on paraffine paper. When the chocolate becomes stiff, scrape off of colander and paper also and put back in bowl to melt again.

Candies made in this way, placed between sheets of paraffine paper in a tin box, will keep for months.

MRS. A. L. HARRIS.

Chocolate Fudge.

Two pounds sugar, one-quarter pound cake of Baker's Chocolate, two tablespoonfuls Baker's Cocoa, butter the size of an egg, one cup of milk. Flavor with vanilla or cinnamon. Boil five minutes, beat until creamy.

EDNA WROTH.

Chocolate Fudge.

Two cups granulated sugar, two-thirds cup milk, one ounce butter, two ounces of Baker's Chocolate, one-half teaspoon of vanilla. Put sugar and milk over fire until the boiling point is reached, add butter and allow to boil until the syrup will form a soft ball if tried in cold water. Take from fire, add chocolate and vanilla and stir until it snaps. Quickly pour into a buttered dish and when partly cool cut into squares.

NAOMI BAXTER.

Caramels.

One cup sugar, one cup cream, three-eighths cup Karo syrup, one-quarter cup butter (may be omitted), one-half teaspoonful vanilla. Mix sugar, syrup, one-half cream and butter and stir till it boils. Add rest of cream without stopping the boiling. Boil, stirring every few minutes until, when tried in cold water, a firm ball will form in the fingers. Remove, add vanilla and pour into well-buttered tins. When cool cut in squares and wrap in paraffin paper. (White, brown or maple sugar syrup may be used in place of Karo Corn Syrup.)

HELEN L. COMSTOCK.

Peanut Brittle.

Place two pounds of granulated sugar in an iron skillet over a slow fire and stir constantly until quite dissolved. Do not put any liquid with the sugar. It will lump when starting to melt and seem quite hopeless, but it will finally melt and must be stirred to keep from burning. When entirely smooth, take from fire and beat in one level teaspoonful of bread soda. It will lighten the brittle. Add one teaspoonful of lemon extract and pour the mixture in a dish that has been buttered and covered with halves of peanuts. It will harden at once.

MRS. R. D. MOORE.

Peanut Candy.

Two cupfuls sugar, one-half cup water. When it boils add one-half teaspoonful of cream of tartar, dissolved in a little cold water; cook until brittle, add butter size of walnut, cook few minutes. Pour in buttered tins lined with nuts.

MRS. J. HOWARD.

Divinity Fudge.

Two and one-half cups sugar, one-half cup water, one-half cup Karo corn syrup, whites of two eggs, one cup broken walnuts. Mix sugar, syrup and water and boil until, when dropped in cold water, mixture will form a firm ball between the fingers. Beat the eggs stiff. Pour half the boiling mixture over the eggs, beating constantly. Return the remaining half of mixture to stove and boil until, when dropped in cold water, it forms a hard ball. Then remove from the stove and pour slowly into the first half, beating constantly. Add walnuts and vanilla, pour into a buttered pan and cut in squares.

INEZ RUSSELL.

Molasses Candy, No. 1.

One cup molasses, one cup milk, one-half cup vinegar, one cup sugar, one teaspoonful baking powder, butter the size of walnut. Cook fifteen minutes, stir in peanuts or walnuts.

MRS. R. G. WARREN.

Molasses Candy, No. 2.

One cup molasses, two cups sugar, one tablespoonful vinegar, a little butter and vanilla. Boil ten minutes, then cool it enough to pull.

RUTH BAXTER.

Chocolate Taffy.

Two cups granulated sugar, one and one-half cups of syrup, one and one-half cups milk, piece of butter size of egg, cake of Baker's Chocolate, teaspoonful cornstarch, two teaspoonfuls of vanilla. Cook it until it will harden in cold water. Beat for five minutes. Pour into butter tins.

BERTHA HACKETT.

Haddock.

Two pounds brown sugar, one and one-half cups milk, butter size of an egg. Cook until hard in water. Take off, flavor with vanilla. Beat five minutes. Put nuts in buttered pans, pour candy over them.

ALTA H. PRICE.

CANNING, PRESERVING AND PICKLING.

The success of canning depends upon absolute sterilization and heating the fruits and vegetables till all the germs are destroyed, then sealing it airtight while scalding hot.

Canned Peaches.

Halve, pare and drop in cold water the peaches to be used. Have small kettle of boiling water on stove ready to fill jars, drop peaches into another vessel of boiling water and let scald, *not boil*, until tender. Put in jars first a layer of peaches, two teaspoons of sugar, then cover that with clear boiling water. Continue until the jar is full. Water and sugar will form syrup.

MRS. JAS. H. WARREN.

Canned Pineapple.

Shred pineapple with fork. Sweeten as you would if serving on table. Let come to a good boil. Fill sterilized jars. Seal airtight. Place in pan of boiling water and let stand until all is cold.

MRS. WILMER L. FORD.

Canned Keifer Pears.

Cut in small pieces and sugar with sufficient sugar as if serving on table. Let stand about two hours. Put on stove and let boil ten minutes. Seal in sterilized jars. Fine to serve as a dessert with cut up oranges, bananas and pineapples.

O. H. M.

Canned Apples.

Take sweet apples, Fallowater preferred. Pare and cut in quarters, smaller, if liked. Make a syrup enough to cover apples, not cooking more than two quarts at a time. Add apples to boiling syrup and cook slowly until tender.

A. W. R.

Canned Asparagus and Peas.

Have fresh asparagus and pack in a glass jar, fill with cold water with one teaspoonful of salt to each quart. Put on the rubber and top and boil for one hour on each

of three successive days. Put boiler on and place a false bottom in it. Pour in about three inches of cold water or just enough to form steam to prevent the boiler from going dry during this boiling. The steam does the cooking. Put cover on boiler and set it on the stove; bring the water to a boil and keep it boiling one hour. At the end of that time remove the cover of boiler and allow steam to escape. Press down the spring of jars (these must be glass top jars), to prevent any outside air from entering. The jars can be allowed to cool in boiler until the next day. The second day raise the spring at the side of jar; this prevents pressure from steam that might accumulate inside. Repeat this operation the third day. After the sterilization is complete the jars may be set aside for a day or two and then tested. This is done by releasing the spring at the side and picking up the jar by the top. If there has been the least decomposition the top will come off. In this case empty out the contents and fill the jars with a fresh supply. **Other vegetables** can be canned by this recipe, though some, such as sweet potatoes and beets, require parboiling first.

MRS. J. BIDDLE HOSSINGER, EDITH M. HEPBURN.

Canned Corn.

Cut corn from cob and put on enough salt to season well, pack tightly in jars. Set jars in a kettle of boiling water with water reaching up to mouth of jar. Boil hard one hour for pint jars, two hours for quarts. Take out, put rubbers on jars and screw up very tight. Keep in a cool, dark place.

MRS. M. R. HOFFECKER.

Canned Tomatoes.

Select firm, smooth fruit and of a size to slip into the ordinary fruit jar. Peel without breaking; do not scald. Have ready a preserving kettle of water which has been salted enough to taste. Just before the water reaches boiling point drop in the tomatoes, just enough to do three jars at a time, heat them through thoroughly. Do not allow the water to boil. Put fruit in jars with just a little of the salt water, as they make enough juice—cover quickly. Seal tops of jars with Parowax.

MAE W. JEWELL.

Preserved Strawberries.

Wash fruit. Add three-quarters pound of sugar to one pound of fruit. Let come to a boil slowly; boil five minutes, then strain through a coarse colander and boil syrup fifteen to twenty minutes; then add fruit and pour all into pint jars, sealing them tightly. Berries preserved in this way lose neither their color nor size, and will be as fine a year hence as when first put up.

L. A. MONEY.

Preserved Strawberries (In the Sun).

Let three pounds of sugar and one-half tumbler of water come to a boil; stir to keep from burning. Then put in three pounds of berries and boil fifteen minutes, shake but do not stir. Take the berries out of the syrup. Let the syrup boil five minutes longer, then put the berries in the syrup again until they become thoroughly heated. Pour both berries and syrup into three large dishes and set in the sun three days. Put in jars without heating again.

MRS. EDWARD W. FORD.

Sun Preserves.

One pound fruit, one pound sugar. Let fruits to be preserved in sun stand awhile to make their own juice. It is better not to do over three pounds at a time. Sugar strawberries over night; peaches, if sliced, less time, and cherries two hours. When fruit is to stand only a short time use only part of the sugar in sugaring down, just enough to dissolve, adding the rest when juice is put on stove. Boil juice fifteen minutes, add fruit, and let come to a good boil. Remove from stove, place in shallow dishes, cover with glass, put in sun (on a south roof, if possible) and let cook for several days or until syrup is thick. Put in glasses, cover well with paraffin and put on top.

OLLIE HARPER MEDDERS.

Red Cherries, Preserved in Sun.

Take nice ripe cherries, wash and seed them. Take three-quarters pound of sugar to a pound of cherries. Let come to a boil. Pour in shallow dishes and set in sun from two to three days, according to the sun. Put in jars and seal while cold.

HELEN FORD.

Grape Conserve.

Five pounds grapes, three oranges, one-half pound currants, four pounds sugar, one pound seeded raisins, small quantity of citron. Separate the pulp from the skin and remove seeds. Add the pulp and skin of grapes, pulp of oranges, sugar and other ingredients. Let set over night. Then cook until quite thick.

MRS. MARY CLARK.

Preserved Green Tomatoes.

Five pounds green tomatoes the size of a walnut. Wash, cut out the core, prick with fork four times. Let stand over night. In morning make a syrup with five pounds sugar. When syrup is real thick, drop in the tomatoes. Let cook slowly about two hours. Flavor with one thin slice of lemon. Put in glass jars and seal tight.

MRS. J. L. PRICE.

Preserved Gooseberries.

Use half grown berries. One and one-quarter pounds sugar, two tablespoons of water to moisten sugar. Boil syrup five minutes. Pour one pound of berries in syrup and boil twenty minutes. Pour in jelly glasses as you would jelly.

MRS. JOHN H. CLENDANIEL.

Jelly.

When making jelly care must be taken that fruit is not too ripe. If ripe fruit must be used, something else will have to be added to supply the needed pectin—one-third of the quantity in very green apples will do this. Whatever is used must be cooked and strained with the other fruit. Mash slightly or cut in small pieces all fruits to be used, putting them on stove with only just enough water to keep from burning. When cooked soft, put in a three-cornered bag of flannel to drain. Never squeeze pulp of first quality, but with some fruits the pulp can be put on with a little water added, then cooked and strained again, but jelly will not be as good.

Cook one quart of juice at a time. Put in a flat four-quart pan and boil rapidly. Put one quart of sugar in oven to warm at same time, and clean glasses in pan of water on top of stove to heat. Boil juice ten minutes, add

hot sugar and boil until drops hang on spoon—about ten minutes. Skim carefully all impurities that rise to surface. Pour in glasses, remove from stove, and let them remain in the pan until all is cold. Pour boiling paraffine on top until entire top is covered. Put top on and label.

EVELYN HARRIS.

Grape Juice, No. 1.

Wash, stem and boil grapes until tender. Strain. To nine pints of juice add one pound of sugar. Boil ten minutes, bottle and seal.

MRS. W. H. KRUSEN.

Grape Juice, No. 2.

Wash, stem, slightly mash, and put grapes on in large kettle with cup of water. Drain as for jelly. Sweeten to taste. Let come to a good boil. Bottle and seal.

M. H. H.

Quince Honey.

Two quarts of cold water, five large quinces. Grate or grind quinces and put them in water in kettle and boil well. Add five pounds of sugar and boil until like jelly.

F. R. WATSON.

Orange Marmalade.

Four oranges, two lemons or one grape fruit, eleven glasses of water, four pounds sugar. Slice the fruit thin, add water, let soak twenty-four hours, then cook for one hour, then add sugar and let stand twenty-four hours more, then cook till done.

MRS. R. P. N.

Orange and Pear Marmalade.

Peel, quarter and remove core and seeds from three pounds of pears and run through coarse part of meat chopper. Remove seeds and thick part from two large oranges and run through meat chopper, peel and all. Add two and one-half pounds of sugar to the pears and oranges and cook about one hour.

MRS. HARRY DAVIS.

Peach Marmalade.

Cut up ripe peaches, using three-quarters pound of sugar to pound of fruit. Sugar and let stand over night if desired. Put on back of stove in the morning and let cook

slowly, being careful not to let burn. Cook until syrup is desired thickness, when jar and seal. SALLIE B. NORRIS.

Preserved Peaches.

Have peaches pared and weighed. Use one-half pound sugar to one pound fruit. Let stand over night to form a syrup. Place on stove and let cook gradually for nearly a day. MAGGIE DUYER.

Spiced or Sweet Pickled Cantaloupe.

Lay seven pounds of fruit not quite ripe in weak brine over night. Next morning boil in weak alum water until transparent, then drain. Boil together one pint vinegar, two ounces stick cinnamon, one ounce whole cloves, three pounds sugar. Add fruit and cook twenty minutes longer, then pour in stone jar and cover close. Scald over for two mornings boiling syrup and pouring over fruit, then seal. MRS. J. C. BOWERS.

Spiced Cherries, Pears, Peaches.

To seven pounds of fruit add three pounds sugar, one-half ounce whole allspice and one-half ounce whole cloves (tie allspice and cloves in small bag), two-thirds pint vinegar and let set over night. Pour syrup off and let cook until it comes to a boil, then pour over the fruit. Do this for six mornings then the seventh morning cook fruit and syrup together until syrup is as thick as you like it.

MRS. ALBERT JERVIS.

Green Tomato Sweet Pickle.

Slice tomatoes and sprinkle each layer lightly with salt. Let stand about three hours. Drain well and to seven pounds of tomatoes add three pounds sugar, one pint vinegar, one tablespoon of cloves, allspice and cinnamon bark; break up and tie in a bag. Cook until tender and syrup is thick as desired. EMMA MEEKS.

Stuffed Sweet Peppers.

Cut off the stem end, remove all seeds and inside white fibre. Put in weak brine over night. Chop a white cabbage very fine, add a large spoonful of grated horse radish and one ounce of white mustard seed, and one cupful

of sugar. Fill the peppers with the mixture and tie or fasten the tops with toothpicks. Take enough good cider vinegar to cover and add whole cloves, mace, and allspice and a one-half pound of sugar if you like them sweet. Boil the vinegar and spices and pour over the peppers, adding the sugar. Seal up.

IDA M. BECK.

Chow Chow.

Cut fine and sprinkle with salt: One-half peck green tomatoes, one-quarter peck onions, two heads of cabbage, one large green sweet pepper, two large red sweet peppers or handful of small red ones. Let stand two hours, then squeeze well and add one-quarter peck string beans (parboiled), one quart lima beans (parboiled), two dozen pickles sliced thin, two pounds brown sugar, one ounce tumeric, one ounce mustard seed, one ounce celery seed, one ounce cloves (whole), one ounce allspices (whole), one ounce dry mustard. Put all together, cover with vinegar, and let come to a boil. Seal in airtight jars.

MRS. CHAS. WALTER.

Pepper Sauce.

Two large heads of cabbage, chop and salt over night and drain. Six peppers, one-half gallon of vinegar, one teacup of sugar, white mustard and celery seed to suit the taste. Boil the vinegar and pour over the cabbage.

HOPE HACKETT.

Green Tomato Pickle.

One peck green tomatoes, two large heads of cabbage, one quart lima beans, two cans corn, ten cents worth of mustard seed (four ounces), five cents worth of celery seed (one ounce), five cents worth of tumeric (two ounces), one quart white onions, one dozen cucumbers, one dozen peppers (one-half red and one-half green), one head cauliflower, two pounds sugar, one gallon vinegar. Pepper and salt to taste. Cut tomatoes up. Let set all night, then drain water or. Mix with the rest of the quantity and cook until tender.

MRS. JOHN M. KINSEY.

Pickled Cherries.

Take early Richmond or any other sour cherry, seed and drain well. Put in a stone crock, cover with good cider vinegar for twenty-four hours. Drain again well, weigh, take equal amount of sugar. Put all in crock, let remain till sugar is thoroughly dissolved, then seal in glass jars.

M. E. USILTON.

Tomato Catsup.

Bushel ripe tomatoes, well cooked and strained, three pints vinegar, four teaspoons each of ground cloves, allspice, cinnamon and white pepper, two cups sugar, two teaspoons each of mace and cayenne pepper, six large onions, one-half pound salt, one ounce mustard seed. One gill of horse radish can be used if so desired. Put onions and all the spices except pepper in bags. Cook until it thickens, which, with slow cooking will be the greater part of a day. This does not make a very hot catsup; use more pepper, according to taste. Bottle boiling hot. Seal in airtight jars.

MRS. CHAS. WALTER.

Chili Sauce.

Thirty-six large ripe tomatoes, fifteen tablespoonfuls sugar, twelve onions, five tablespoonfuls salt, five red and green peppers, ten cups vinegar. Add white and black mustard seed and celery seed to taste. Chop fine, cook one and one-half hours, or until thick enough.

LOUISE TOULSON.

India Relish.

Three quarts green tomatoes (sliced), one quart onions, six large sweet red peppers. Chop these fine and add one-half of small tumbler salt, three-quarters of a pound sugar, two tablespoonfuls celery seed, three of mustard, two of ground ginger, one heaped tablespoonful of turmeric, one quart of vinegar. Boil fifteen or twenty minutes and put in airtight jars.

MRS. J. B. CROWDING.

Pickled Beets.

One quart water, one quart vinegar, one and one-half cups sugar, one tablespoonful salt, five cents worth allspice; tie allspice in a bag. Boil all together and skin. Cook beets until tender. Pour boiling vinegar over beets, and seal while hot.

CARRIE SCHOFIELD.

Pickled Beef.

In four gallons of water put ten pounds salt, four pounds sugar, one ounce saltpeter. Boil and skim. When cold, pour over beef and leave fourteen days. This is enough for 100 pounds meat.

MRS. J. S. WEBB.

C H E E S E .**Cheese Fondue.**

Soak one cup bread crumbs in two cups milk, add three eggs beaten lightly, one-half tablespoonful of melted butter, pepper and salt to taste. Lastly add two cups of grated cheese. Mix together and bake.

IDA C. SCHOFIELD.

Cheese Souffle.

Two tablespoons of butter, three tablespoons of flour, one cup of milk, one cup of grated cheese, two eggs. Salt and pepper to taste. Melt butter, add flour and thoroughly mix. Add cold milk, cook about five minutes, then add cheese and yolks of eggs, salt and pepper. Lastly fold in beaten whites of eggs. Bake in moderate oven twenty minutes. Serve at once.

MRS. JULIAN JONES.

Cheese Ralston.

One-quarter cup Ralston Wheat Food, two eggs, one-quarter cup grated cheese, one cup milk, one tablespoon butter, one-third teaspoon mustard; cayenne and salt to taste. Cook Ralston and milk five minutes. Add butter, yolks of eggs, mustard, salt, cayenne and cheese, then fold in carefully beaten whites of eggs, pour into a greased baking dish and bake in a quick oven fifteen minutes.

HATTIE BARNARD COLLINS.

Cheese Balls.

One-quarter pound grated cheese, one-half cup bread crumbs, the beaten white of one egg, a dash of cayenne. Mix and mould into small balls. Fry in deep fat until brown.

H. B. NICHOLS.

CURING OF MEAT.

No. 1.

After the animal heat is out of the meat take hams and shoulders, rub fine salt over them and put them in a hogshead, placing the hocks, similarly treated, in the small spaces. Pack as close as possible to take less pickle. Make a pickle of one pound of saltpeter, two gallons dark sweet molasses and ground alum, salt sufficient to bear an egg. Pour pickle in hogshead and if that is not sufficient to cover meat make enough pickle of water and ground alum salt to bear an egg that will fully cover meat. Leave meat in pickle for six weeks or more. When taken out of pickle hang up until dry, then smoke for day or more with chips or cobs. Then bag in paper or cotton bags lined with paper, or if not wishing to bag them, sprinkle with powdered borax.

Dry salt the middlings, placing one on top of another with plenty of ground alum salt to stay six weeks. Hang up, smoke and sprinkle with borax.

HARRY DAVIS.

No. 2.

Two hundred pounds ham, twelve pounds brown sugar, one-quarter pound ground saltpeter, one-quarter pound black pepper; about twenty-five pounds of salt. Thoroughly mix these ingredients on a table. Place the ham on the pile of mixture, skin downwards. Rub the flesh side well, and stuff hock end full of mixture, some of which sprinkle on bottom of barrel. Place a layer of hams in barrel, skin down, covering top surface liberally with mixture. Continue thus with the hams, each having been treated in the same way until the supply is exhausted. Then comes the shoulders treated in like manner, followed by middlings and chines so treated. They make their own brine, of which the hams, at the bottom, get the full benefit. Leave in brine for about one month when hang up and smoke for a few days. Sprinkle a little borax

on meat, if desired, when taken out of brine. While this militates against the sale of the meat, being against the pure food law, it insures against the skipper fly. These hams are not used until a year old. S. S. HEPBURN.

No. 3.

Eighty pounds of meat, one quart fine salt crushed to powder, two ounces saltpeter, four ounces brown sugar. Mix well and apply to meat, rubbing flesh side thoroughly, being liberal with amount rubbed around bones and in hock end of hams and shoulders. Lay each piece skin down, being careful not to let them touch. After twenty-four hours apply one quart fine salt to same quantity of meat. Place again as before without letting the pieces touch and let stand two, maybe three, months, when hang. (If not cooked for six months after cured the flavor will be fine.) MRS. W. D. PENNINGTON.

No. 4.

To one hundred pounds meat take two pounds brown sugar, one-quarter pound saltpeter, one-quarter pound black pepper, one-eighth pound red pepper, two quarts salt, one tablespoon cloves. Mix ingredients together and rub well into the meat. Lay out separately for six weeks, then hang up and smoke. ALBERT JERVIS.

Sausage, No. 1.

Cut meat in strips and mix well with seasoning before grinding. Twenty pounds of meat, one cup of salt, one-half cup of pepper, small handful of sugar, one cup of sage. MISS R. PARROTT.

Sausage, No. 2.

Twenty pounds of meat, three-quarters cup salt, one-half cup pepper, one-quarter cup sage, one-quarter cup brown sugar. MRS. E. M. TAYLOR.

Soused Pig Feet.

Clean well and boil until thoroughly tender in water salted to taste. Pick out all bones, mix well with vinegar, pack in an earthen vessel, and when cold, cut in slices. MRS. MATTIE GALE.

Hogshead Cheese.

Cut and clean out the ears and scrape thoroughly one hog's head. If salt, soak twenty-four hours; put on to boil, and cover with water, boil until tender, drain, pick out the bones, grind, season to taste with salt, pepper, sage, a little vinegar and mustard. Pack in a crock or pan to cool; when cold, turn out and serve sliced thin.

MRS. EMMA JARRELL.

Scrapple.

Boil sweet bones, hearts and scraps of meat until very tender. Cool, separate bones from meat with the hands. Grind hearts, add one-fourth quantity of nice skins. Boil until very tender, throw away water. Grind skins and cook with water bones were boiled in. Season with sage, salt and pepper. Sift together three pints of meal, one of flour. Sprinkle meal and flour with left hand; stir with right. Cook all five minutes or until batter is of the consistency of pound cake batter. Pour in pans to cool.

MRS. JOHN H. CLENDANIEL.

TABLE OF MEASURES.

Four teaspoonfuls (liquid) make one tablespoonful.

Three teaspoonfuls (dry) make one tablespoonful.

Four tablespoonfuls (liquid) make one wine glass full.

One-half pint makes one cup.

Two cups make one pint.

Four cups make one quart.

One cup of butter (solid), makes one-half pound.

One cup of granulated sugar makes one-half pound.

One round tablespoonful of butter makes one ounce.

Sixteen tablespoons (liquid) make one cup.

Fifteen level tablespoons (dry) make one cup.

NEW RECIPES.

BEVERAGES.

Black Coffee.

One cup coffee, one-half cup cold water, one-third egg, five cups boiling water, one-half cup cold water. Mix coffee, one-half cup cold water, and egg together, and let stand ten minutes in coffee pot. Pour in the boiling water and boil gently for five minutes. Remove to warm part of stove, add one-half cup cold water, pouring some of it down the spout of coffee pot. Serve at once.

SUSAN V. HILL.

Good Coffee.

Two teaspoonfuls finely ground coffee to cup of water. If a percolator coffee pot is used be sure and use cold water and let it percolate ten or fifteen minutes. If an ordinary agate coffee pot is used it is better to have a bag or percolator to put coffee in before placing it in pot. With some coffees better results are obtained by using cold—some by using hot water. Let come to a boil, but do not boil. Stand on back of stove till needed. M. M.

Cocoa.

One-quarter cup cocoa, one-quarter cup sugar, one cup water or coffee (hot), three cups milk (hot). Mix cocoa and sugar together in a saucepan, pour over this the hot water or coffee and let boil until a syrup is formed (this cooks the starch in the cocoa). Add the hot milk stirring it in slowly, return to a double boiler and let cook fifteen to twenty minutes. A few grains of salt and a drop of vanilla may be added just before serving. Serve with whipped cream or beat to a froth with a Dover beater.

SUSAN V. HILL.

Chocolate.

Four cups milk or two cups milk and two cups of water, two ounces chocolate, one-third cup sugar, and one-quarter cup hot water. Grate or cut the chocolate into small pieces, place in the upper part of a double boiler, add the sugar and one-quarter cup hot water. Let melt and cook with sugar until a smooth paste is formed. Add to this the milk or water and milk stirring constantly and adding liquid very slowly. Beat with Dover egg-beater and allow it to cook fifteen or twenty minutes longer.

MRS. S. C. HILL.

Tea (Strong).

Two tablespoonfuls tea, four cups boiling water. Pour boiling water over the tea leaves and let stand five minutes. If cold tea is desired dilute with four cups cold water and allow it to cool and serve ice cold.

NOTE—(a) Use only water that is just beginning to boil.

(b) Do not use a tin teapot; use a tea ball crockery or china teapot.

(c) Do not use tea leaves a second time.

(d) Never allow tea to boil.

(e) Do not allow leaves to remain after steeping has been accomplished.

BREAD, CAKES, ETC.

Light Bread (one loaf)—Quick Process—Three cups flour, 1 cup milk or water, one teaspoonful sugar, one teaspoonful salt, one tablespoonful butter, lard or Crisco, one yeast cake (Fleischmann).

Method: Scald the milk or boil the water, add to the salt, sugar, and fat and stir until dissolved. Cool until luke warm, add yeast softened in one-quarter cup luke warm water. Add one-half the flour, beat until smooth. Cover and set in a pan of warm water until doubled in bulk. Add the remainder of the flour and mix well. Put on a lightly floured board and knead until smooth and elastic. Mold into a loaf, place in a well greased pan, cover, and let double its bulk. Bake in a hot oven 40 to 60 minutes.

Light Bread—Slow Process—As for quick process with these exceptions: Use only one-quarter yeast cake. Add all the flour and knead once before setting to rise. Let rise over night at room temperature, instead of in a pan of warm water. In the morning knead, mold into loaves and proceed as above.

SUSAN V. HILL.

Potato Biscuit—One cup mashed potatoes, one-half cup of lard, one egg, one-half cup of sugar, one teaspoon salt, one cup milk, one cup flour, one-half of an yeast cake dissolved in one cup of warm water. When light add flour to make stiff, let lighten again. Roll out, cut with small round cutter. Grease with a little butter or lard on top. Let lighten again and bake.

MRS. A. W. GOODHAND.

Sweet Potato Biscuit—One quart sweet potatoes mashed fine, one tablespoon sugar, one teaspoon salt, one cup boiled milk. When luke warm add one yeast cake, add to this one cup flour for sponge. Let sponge rise and drop back, then add sweet potatoes, one well beaten egg, three cups flour, beat well and let rise well. Drop with tablespoon on well greased tin and let them rise again. Bake 15 or 20 minutes. Do not handle dough.

BELLE M. CRANE.

Bran Rolls—Scald one pint milk, dissolve in this when cool enough, one yeast cake, four tablespoons lard, two cups bran, one-half cup molasses, one and one-half teaspoons salt. Add enough white flour to work. Lighten and make into pocketbook rolls.

ANNIE L. COPPER.

Spoon Corn Bread—One cup of cornmeal, one pint boiling water, one teaspoon salt, one tablespoon lard, one cup milk, two eggs. Place the boiling water in a mixing bowl and sift the cornmeal into it, stirring all the time. Next add the salt and lard, then the milk and last of all the eggs beaten very light. Turn into a well greased pan and bake in a quick oven.

ANNIE L. COPPER.

Plain Waffles—Two cups flour, one tablespoon baking powder level, one teaspoon salt level, two tablespoons sugar, one large cup milk, two eggs, two tablespoons

melted fat. Beat eggs separately. Sift together all dry ingredients, add milk, egg yolks and shortening. Mix thoroughly and add stiffly beaten whites. J. B. M.

Nut Bread—One cup sugar, one egg, one and one-half cups sweet milk, four cups flour, four teaspoons baking powder, one teaspoon salt mixed with one cup chopped English or black walnuts (preferred). Stand in well greased bread pan one-half hour and bake slowly for one hour. (Better second day.) O. H. M.

Buns—One cup of mashed potatoes, one-half cup of yeast, one-half cup of milk, one-half cup of sugar, a little salt. Let lighten then add two eggs, one-half cup lard, one-half cup sugar, and flour to make stiff. Let lighten again. Then roll out about one-quarter inch thick, spread with butter, syrup, and raisins then cinnamon. Roll this up and cut off in slices. Put in well-greased pans and spread butter, syrup and cinnamon on top and let rise. Bake in a hot oven. BERTHA HACKETT NEWCOMB.

Cocoanut Cookies—(No flour used.) Whites of three eggs, one-half pound pulverized sugar, one-half pound dry confectioner's cocoanut. Beat eggs, add sugar and cocoanut and drop from a teaspoon on a buttered pan. Cook with rather quick heat. Do not remove from pan till cold.

MRS. JOHN N. ROBERTS.

Oatmeal Cookies—(No flour used.) Two and one-half cups oatmeal, one cup sugar, two eggs (whites and yolks beaten separately), two teaspoons of yeast powder, two teaspoons of vanilla, two tablespoons of melted butter or oil. After mixing let stand one-half hour before baking in moderate oven. LUCILLE PARR.

Chocolate Icing—(Uncooked.) Two cups 4X sugar, six teaspoons cocoa, four tablespoons melted butter, four tablespoons hot milk or coffee, two teaspoons vanilla. Beat until smooth and thick, ice cake while warm.

M. F.

Sponge Cake—Four eggs, one cup sugar, one cup flour, vanilla or lemon to flavor. Beat whites of eggs with half cup sugar until very thick. Then beat yolks into one-half

cup sugar until thick. Add beaten yolks to beaten whites slowly. When mixed add one cup of flour (sifted), flavor to taste and bake in moderate oven about 20 minutes. Then ice with the following icing: One cup brown sugar, one-half cup white sugar, scant one-half cup water. Boil these until it threads, and pour slowly over two well beaten whites (saved from the cake batter, if liked).

HELEN HARPER DAVIS.

Western Cookies—Two cups sugar, one-half cup butter, or lard, three cups flour (measured after being sifted), one-half cup of milk, three eggs, level teaspoon soda, two teaspoons cinnamon, one cup raisins, one cup of black walnuts (ground). Bake in gem tins.

MRS. KATE COLLINS.

Whipped Cream (Substitute).—White of one egg, well beaten with one banana mashed fine and a little lemon juice.

H. B. C.

Chocolate Ice Cream—Make a custard of three pints of milk, eight eggs (leaving out the whites) and one pound of sugar. Then add one-half cake of chocolate, soaked in one pint of milk. Flavor to taste. English walnuts chopped up adds very much to the flavor.

MRS. ALLAN A. HARRIS.

Fruit Ice Cream, No. 1—Three quarts of milk, one quart of cream (more is better), four eggs, three heaping tablespoonfuls of cornstarch, two pounds sugar. Let three pints of the milk come to a boil, then add yolks of eggs, cornstarch and part of the sugar well beaten together; cook until thick, then cool and add the remainder of milk, sugar and cream. Put it in the freezer and when nearly frozen add the beaten whites of the eggs and one quart to three pints of pineapple, white or red cherries, peaches, or bananas. To the cooked custard add a pinch of salt and a teaspoonful of vanilla. This makes about a gallon and a half.

H. H. F.

RECIPES FOR SUGARLESS DAYS.

Fruit Ice Cream, No. 2—One quart milk, one can condensed milk, two eggs beaten together. Add fresh fruit. This makes two quarts. H. B. C.

Molasses Sauce—One cup of molasses, one and one-half tablespoonfuls butter, two tablespoonfuls lemon juice. Boil molasses and butter five minutes, remove from fire and add juice. Fine over plain cakes or puddings.

H. B. C.

Ginger Cookies—One teacup molasses and one tablespoonful soda stirred together, one cup Crisco, one egg, one teaspoon each of ginger, cinnamon and salt (cloves, allspice, nutmeg added make a more spicy cake), and flour enough to make stiff. Roll out, cut with small round cutter and bake.

HOPE HACKETT.

Pat-a-Cake Gems—One box of Pat-a-Cake, well sifted with one teaspoon yeast powder and mixed well with butter size of walnut and melted, one large cup of milk and three-quarter cup floured raisins. Bake in gem pans 20 minutes. The batter thus mixed, leaving out the raisins is fine for layer cakes, and with a little less milk for loaf cake.

CLARA MEDDERS.

VEGETABLES.

Candied Sweet Potatoes—Boil the potatoes until done, then peel and slice in rather thin slices and place in baking dish with layer of sugar and small pieces of butter placed around. Alternate layers until the dish is full. Pour over enough milk to keep from scorching and bake slowly.

MRS. S. S. HEPBURN.

Potato Crullers—Three or four good sized potatoes, boil and mash. Butter size of an egg, two cups of sugar, cream all together while the potatoes are hot, one-half cup milk, four eggs, four teaspoons of baking powder, flavor with either cinnamon or nutmeg. Flour to make a soft dough, roll and fry in hot lard. Boil salt in potatoes.

MAMIE NORRIS.

Tomato Soup—Into a skillet put two tablespoons of butter and melt. Add to this an onion sliced and fry until the onion is well done. Remove the onion and into the fat blend a tablespoonful of flour, add the strained juice of one quart can of tomatoes, which has been heated. Season with salt and pepper, add one pint of boiling water and serve.

MRS. W. K. HACKETT.

Chicken Terrapin—Two tablespoons melted butter, two tablespoons flour, one-half teaspoon salt, one-quarter teaspoon pepper, one and one-half cups sweet milk. Cook until creamy, then add one and one-half cups diced chicken, two hard boiled eggs cut fine. Let all boil until it thickens, add one tablespoon vinegar before taking from stove. If so preferred put in baking dish, cover with buttered crumbs, and brown in oven. Add more milk, salt and pepper, if necessary.

ANNIE L. COPPER.

Beef-en-Casserole—One and one-half pounds beef, one-half pound pork, one small can tomatoes, one pepper, one onion, three shredded wheat biscuits. Grind separately and put in casserole one layer at time, leaving the tomatoes on top. Bake.

MRS. EARL JEWELL.

Chipped Beef With Scrambled Eggs—Beat six eggs to a light froth, add three-quarters cups of milk and seasoning. Put lump of butter in hot skillet, add mixture, let stand till it begins to thicken when add one cup of chipped beef (which has previously been soaking in boiling water) and stir constantly until the mixture has hardened. This will serve five people.

MARY W. HAGUE.

Eggs au Gratin—Prepare a dressing of one tablespoon of flour, one of butter, one cup of milk, and salt and pepper to taste. Place four hard boiled eggs, cold and cut oblong in a baking dish, sprinkle over them a few fine bread crumbs, then pour the dressing over all, and set in the oven to thicken and brown.

L. E. BUSICK.

Fruit Salad, No. 1—Cut all the fruits in season, and preserved peaches, cut fine may be added. Beat indefinitely the yolks of two eggs with one cup of pulverized sugar, just before serving put juice of one lemon in dressing.

JANE VICKERS ROBINSON.

Fruit Salad, No. 2—Cut in dice pineapple, pears or apples (these either fresh or canned) and oranges. Add a few red cherries either spiced or sun-preserved. Pour over all French dressing made with lemon juice and serve.

O. H. M.

French Dressing—One teaspoon salt, one-quarter teaspoon of white pepper or few grains cayenne, two tablespoons cider vinegar or lemon juice, and four tablespoons of olive oil. Mix ingredients and stir until well blended.

SUSAN V. HILL.

Grape Fruit Salad—Two large fruits. Peel and cut in dice, being sure seed and all white skin is removed. Place this in crisp white lettuce leaf and use the following dressing: Juices of two oranges and one-half lemon, three-quarter cup sugar, yolks of two eggs. Cook until thick then add the beaten whites; thin this with whipped cream.

BERTHA HACKETT NEWCOMB.

Perfection Salad—One envelope Knox Gelatine, one-half cup cold water, one-half cup mild vinegar, one pint boiling water, one teaspoonful salt, one cup finely shredded cabbage, juice of one lemon, one-half cup sugar, two cups celery cut in small pieces, one-quarter can sweet red peppers, finely cut. Soak the gelatine in water five minutes. Add vinegar, lemon juice, boiling water, sugar and salt. Strain, and when beginning to set add remaining ingredients. Turn into a mold and chill. Serve on lettuce leaves with mayonnaise dressing.

HELEN HARPER DAVIS.

CANDY.

Washington's Favorite—One pound XXXX sugar, one-quarter pound of butter and one tablespoonful of cream. Mix together and then work well as you would make butter. Flavor and color as you desire. Mixed with chopped nuts or fruit this makes delicious Easter eggs. Form into eggs, using a large tablespoon to shape. Lay the egg aside to dry. Then place one-half pound of chocolate, two tablespoonfuls of butter and a piece of parafine the size of an almond in a double boiler and heat slowly. Now dip the egg and lay on a wax paper to dry. To ornament the

egg, place in a bowl one-half cup of sifted XXXX sugar and add two tablespoonfuls of cornstarch, one teaspoonful of lemon juice and one teaspoonful of vanilla extract and sufficient boiling water to make the mixture spread without running. Beat for five minutes to blend and then cover closely. Make a cornucopia of heavy wax paper, fill with this icing, and using this, borders, names and designs may be made.

MRS. HARVEY B. MOORE.

Cocoa Fudge—Two cups sugar, one tablespoon butter, four tablespoons cocoa, two-thirds cup milk. Boil 15 minutes.

EDNA HACKETT.

Candied Grape Fruit or Orange Peel—Take grape fruit or orange rinds, cut in thin strips, put on in cold water three times and let come to a boil. To three grape fruit rinds or four orange rinds, melt two cups sugar (well moistened) in saucepan. Drop in fruit. Cook till clear. Lift with fork and roll in granulated sugar. M. M.

Strawberry and Rhubarb Jam—Use equal parts rhubarb and strawberries. To each cup of the mixture, use three-quarters cup of sugar. The rhubarb should be cut into one-half inch length, and the berries crushed. Bring slowly to boil and cook 30 minutes, add sugar and cook until of desired consistency. Seal in sterilized jars. To avoid danger of mold, process jars for 25 minutes in water bath.

O. H. M.

Apple Butter—To five gallons of cut apples, take five pounds sugar and one quart of vinegar. Put the apples over the fire with enough water to cook down, add the sugar and stir well, then add the vinegar with ground allspice to flavor. Continue to boil and stir until done. I do not use but one pint of vinegar and very little allspice and some cinnamon.

MRS. E. M. BONWILL, JR.

Apple-Ginger Marmalade—Four pounds apples, four pounds sugar, one pint water, one ounce green ginger, grated rind of four lemons. Dissolve the sugar in the water; chop the apples and ginger fine, add to syrup with the lemon rind, and simmer slowly until it looks clear, about four hours. Pour into sterilized glasses and seal as usual.

L. E. BUSICK.

Pear-Ginger Marmalade—Pare and cut in small pieces, two pounds pears, add two pounds sugar, one teaspoon of ginger. Put through chopper juice and pulp of one lemon, grated rind and juice of one orange. Cook and put in jars. Seal while hot.

MRS. P. A. M. BROOKS.

Grape Conserve, No. 2—Proceed as you would for grape jelly, only using the juice from the pulps. Have ready two pounds nut meats, chopped fine, two pounds raisins, and a little orange peel. This is the amount for about 12 cups of juice. Boil the juice five minutes then add equal amount of sugar. After this begins to boil hard, add the fruits and nuts and boil hard until it jells, about 20 minutes altogether.

MRS. WALTER B. HARRIS.

Green Tomato Mincemeat—One peck green tomatoes, one-quarter peck apples, three packages of seeded raisins, four pounds brown sugar, one-half pound suet chopped fine, one pint vinegar, one quart water, two teaspoons ground cinnamon, one and one-half teaspoons ground cloves, two teaspoons ground nutmeg, one teaspoon salt. Put tomatoes through food chopper, drain as much of green water off as you can, cover with cold water, let come to boil second time. Drain well, mix altogether, cook until thick. Put in jars while hot. Use large knife in food chopper for grinding.

MRS. EVELYN NELSON.

Canned Soup Mixture—The following combination of vegetables makes a fine soup with good stock and diced white potatoes: Use about one-half the quantity desired canned in tomatoes. Other vegetables (cut fine), cabbage, carrots, onions, peppers (both sweet and hot), corn, celery leaves and parsley. Let tomatoes come to a boil, then add corn, celery and parsley and boil about 15 minutes. Other vegetables, particularly cabbage, carrots and onions should cook a little longer. Do not use any more water than absolutely necessary in the cooking, substituting tomato juice instead. After all are cooked as stated, mix together, fill well sterilized jars, one and one-half to two teaspoons of salt to each quart. Process two and one-half hours.

O. H. M.

PICKLES.

Pepper Hash, No. 1—Fifteen red peppers, fifteen green peppers, twelve onions, chop or grind with coarse grinder, cover with boiling water and let stand five minutes, drain, cover again with boiling water and let stand ten minutes, then drain and add three-quarter pound white sugar, one and one-half pints of vinegar, salt to taste. Let all boil 15 minutes and seal while hot.

EMMA JARRELL.

Pepper Hash, No. 2—Twelve sweet red peppers, twelve sweet green peppers, three hot peppers, sixteen onions, three stalks celery, four cups vinegar, three cups sugar, one tablespoon of mustard seed, one tablespoon of celery seed, two tablespoons of salt. Grind onions and celery. Salt for two hours, grind peppers, pour boiling water over them and drain. Mix all together and boil one hour.

MRS. R. P. NICHOLS.

Spiced Cucumbers—Lay the cucumbers in salt and water one and one-half or two days, wash and boil in half vinegar and half water until tender, pack in glass jars and pour over spiced vinegar boiling hot and seal. Only cinnamon and cloves to taste need be used. Sugar to taste. If the vinegar is very strong dilute with water.

E. JARRELL.

Mustard Pickle—Put three quarts vinegar on stove and let come to a boil, take one-quarter pound mustard, add to it three tablespoonfuls cornstarch. Mix the two with vinegar weakened with water, put that in the vinegar and let boil. Add to this all cooked separately two quarts of green tomatoes cut in small pieces, two quarts of butter beans, two quarts of onions, two dozen pickles, two quarts corn, three pounds sugar, three red and three green peppers, two ounces of mustard seed, two ounces of celery seed, tumeric enough to color (between one-quarter to one-half teaspoonful).

H. H. F.

FEEDING THE CHILD.

Are You Feeding Your Family Intelligently?

An infant deprived of mother's milk, to which the partially developed digestive system is adapted, must be fed with the greatest care and intelligence. There is nothing "just as good" as mother's milk.

But since many children have to be weaned or partially weaned even in the early months of the first year, the mother must know what to feed and how to feed her baby.

Cow's Milk the Best Substitute for Mother's Milk at Our Disposal.—Cow's milk to be safe for the baby, must be clean and free from adulterants, must be free of disease germs, must be relatively fresh (under 36 hours), must be kept cold after production.

If the cow whose milk you feed your baby is not kept on your own premises, get certified milk or the best grade of pasteurized bottled milk. Otherwise always scald milk before using it for the baby. Where fresh milk cannot be obtained, milk powder (dry milk) is the best form of canned milk for infant use. (The Dry or Brand Milk Powder obtained from the Dry Milk Co., 19-27 Park Row, New York City, is highly recommended.)

General Character of the Diet—Food must contain plenty of the right sort of material to build up and repair the living tissues of the body; enough material to use as fuel to furnish energy for heat and work, an abundance of mineral material and the little known substances which regulate body health and growth.

Children, like all young animals, require more growth or body-building material relative to their size than they do when fully grown.

Do you know which foods are necessary for growth?

For the best growth and development, a child's food must contain: First. *Animal protein*, found especially in milk, eggs, meat, including fish and fowl. The protein of certain vegetables and nuts contains body-building substances and will do to help out the animal protein, but will not suffice alone, for the best growth and development of the average child. Second. *Mineral matter*, needed in the growth and functioning of the parts of the body, such as the skelton, the blood, the hair, etc. The chief sources of these minerals are milk, eggs, meat, green vegetables and fruits. Third. *The substances regulating growth*, found especially in the fat of milk, eggs, leaf vegetables, but not found in vegetable oils or pork fat.

Whole milk contains an abundance of animal protein, minerals, and the growth-regulating substances, besides fat and sugar. No other food-stuff is therefore so important in infancy and childhood.

Indispensable Articles of Food in Childhood.—1. Whole milk, or skim milk with butter. 2. Butter. 3. Green vegetables, especially leaf vegetables. 4. Starchy foods, which are the principal sources of energy but are not growth foods. To these four essentials it is desirable to add. Some eggs or meat, including fish or fowl, sugar, fruits.

Choose easily digested food for the child and see that it is properly cooked.

Meals for the Well Child.—By the end of the first year, a child should have four meals a day. By the end of the second year three meals a day are sufficient for the average child.

Plenty at Meal Time and Nothing Between Meals.—A baby at one year may take a quart of milk a day. After this age, as he takes more cereal and bread with egg and vegetables, reduce the milk to three cups a day. A child will take more food if he drinks most of the milk at the end instead of at the beginning of the meal.

Cereals, bread, potato, and rice are the starchy foods—the fuel foods—and should be part of every meal. Cooked

cereals are best for children. Victory bread, thoroughly dried in the oven, can be used from infancy on. The child needs an abundance of fuel food as well as growth food.

Green vegetables—spinach, chard, beet greens, beets, carrots, onions, string beans, celery, asparagus,—should appear in the diet by the end of the first year. These vegetables should be first used in strained soup or broth, then as purees, and by the end of the second year mashed or finely divided. Peas, beans (other than string beans), and corn should not be given to very young children except as purees. Cauliflower and cabbage may be given to older children.

Children crave sweets, and they should be given these, especially in the noon dessert, as simple puddings, custards, home-made ice cream, fruit, jellies or simple candy.

Sweets between meals mean bad teeth and bad "tummies."

Fruits should appear daily in the diet of the child; fruit juices for the baby, stewed apples, or prune pulp later in infancy. Raw apple (at first scraped), oranges, ripe peaches, and any cooked fruit may be given to the older child. Bananas are not fit food for a child to eat unless the skin is brown or the banana is cooked.

The Right Sort of Food at the Right Time.—A young child should have the principal meal at noon, including a vegetable and meat soup, or an egg, or meat (including fish and fowl), with a green vegetable, and starchy vegetable or cereal. Cereal and milk with cooked fruit make the best supper and breakfast.

Preach the full dinner plate for children and then the clean dinner plate.

Selected from pamphlets published by U. S. Department of Labor, Children's Bureau, by

MARGARET Y. ROGERS,
Public Health Nurse of Kent Co.

SICK DIET.**Beef Tea.**

Free a pound of lean beef from fat, skin, etc. Chop up fine. Put in a pint of cold water to digest two hours. Simmer for three hours, but do not let boil. Make up for water lost by adding cold water. Press and strain. The best meats for beef tea are the round and rump. Cold water draws out the albumin; boiling water coagulates it.

Beef Juice.

Cut thin, juicy meat into pieces one and one-half inches square; broil one and one-half minutes over a hot fire. Squeeze with a hot lemon squeezer; season with salt and pepper. May be added to milk or poured over toast.

Oatmeal Gruel.

Two tablespoonfuls of rolled oats, teaspoonful of salt, teaspoonful of sugar, and one cup of boiling milk. Mix oatmeal, sugar, and salt; add boiling water; cook in a saucepan thirty minutes, or in a double boiler for two hours. Strain and add hot milk. Bring to a boil and serve hot.

Oyster Broth.

Chop a dozen oysters fine; put into a saucepan with a cup of cold water. Bring to boiling point; simmer five minutes, then strain and season. By adding milk three minutes before broth is taken from the fire it is made more palatable.

Poached Egg.

Pour hot water (or milk) into a saucepan, using salt, spoonful of salt to each cup of water. Bring to boiling point. Break egg into a saucer and slip into the pan. Withdraw the pan to a cooler part of the stove and cook till white of egg is set.

Soft Boiled and Hard Boiled Eggs (See Eggs).**Stewed Prunes.**

Wash thoroughly, cover with cold water over night. In the morning put on back of the stove and let cook very slowly about two hours. If choice prunes are used no sugar will be needed.

Cup Custard (See Desserts).

Selected by MARGARET Y. ROGERS.
Public Health Nurse of Kent Co., Md.

IN EMERGENCIES.

First Send for the Doctor! Phone No.....

Then try to remove the poison from the stomach. This can usually be accomplished by tickling the back of the throat with the end of the finger or a feather, or by administering of emetics.

EMETICS.

Alum—One tablespoon dissolved in cup of tepid water.

Ipecac—Two tablespoonfuls of syrup of ipecac.

Mustard—One tablespoonful mixed in half-pint water.

Salt—Two tablespoonfuls in half-pint water.

ANTIDOTES FOR POISON.

Carbolic Acid

Empty the stomach and give olive oil, one-half cup in one pint of water, or give milk or white of egg in water.

Oxalic Acid—Sulphuric Acid (Oil of Vitriol)

Do not give emetics for any of these three poisons. Give whiting, chalk, plaster scraped from the walls, washing soda, or soap and water. Follow with milk and eggs, olive oil, or thick gruel.

Prussic Acid

Give an emetic at once. When stomach is emptied follow with milk or olive oil or white of egg.

Tartar Emetic

Give large quantities of warm water to provoke vomiting. Give strong tea. When vomiting ceases give white of egg in milk or water.

ANTIDOTES FOR POISON—Continued.

Corrosive Sublimate (Bichlorid of Mercury)

Give large quantities of milk before giving emetics. Then empty the stomach thoroughly.

Illuminating Gas

Get patient into fresh, pure air. Open all windows.

Ammonia—Caustic Potash—Caustic Soda

Do not give emetics. Give vinegar in water or lemon juice. Follow with olive oil, quarter-pint in pint of water, or white of egg.

Arsenic (Fowler's Solution, Rough on Rats, Paris Green)

Prompt emetic should be given. If there be any medicine at hand containing iron, this can be given. Follow with milk and eggs, olive oil, or barley water.

Toadstools—Tobacco

Produce vomiting. Follow with strong coffee or brandy.

Ptomaine Poisoning

Give an emetic. Purge with castor oil. Strong coffee.

Opium — Laudanum — Morphine — Paregoric — "Soothing Syrup"

Keep patient warm and awake until arrival of doctor. Under no circumstances must he be allowed to relax into a stupor. Shout at him, slap his chest with wet towels, walk him about with support each side.

SALT HINTS.

Salt in water or other fluid retards the boiling.

Salt, mixed with soda, is a remedy for bee stings.

Salt and water make an excellent throat gargle.

Salt in whitewash will make it stick.

Salt and hot water will thaw a frozen drainpipe.

Salt will remove tea stains from delicate china cups.

Salt added to snow makes the mixture much colder.

Salt thrown on a fire will extinguish a burning chimney.

Salt and warm water is an emetic in case of poisoning.

Salt sprinkled on a range absorbs grease splutterings.

Salt, warmed and rubbed on a soiled light coat, will clean it.

Salt added to last water keeps clothes from freezing.

Salt will clean a discolored bath tub or enameled ware.

Salt placed first in the frying pan prevents grease from spluttering.

Salt will remove perspiration stains from your clothes. Soak the garments in strong salt water before laundering.

Salt and water will clean willow furniture. Apply it with a stiff brush, scrub well and air thoroughly.

Salt put in pan in bottom of oven under baking tins is said to prevent bread and cake from scorching on bottom.

MEMORANDA

MEMORANDA

MEMORANDA

MEMORANDA

THE AFTER WORD.

The work which is represented by the pages that have preceded this one, has seemed at times to the members of the Committees in charge of it, to be almost stupendous. It is certain that some of them will look with different eyes hereafter on all books. Certainly there will be a clearer appreciation of some of the ingredients that are put into the publication of a book. Whatever may be the things that go into the preparation of other books, besides the very exacting mechanical labor, there has gone into this, certainly, much love and hope.

It is natural that the EPWORTH LEAGUE should love this child of theirs. It is the product of sacrifice and prayer. To those to whom it comes a welcome is begged and indulgence for its faults is prayed. It goes forth sped with high hopes for a long continued usefulness. May it be a constant source of aid and delight. Therefore we subscribe ourselves:

THE EPWORTH LEAGUE OF STILL POND, MARYLAND.

CONNECTED WITH STILL POND M. E. CHURCH.

MRS. WILLIAM MEDDERS.—President.

MISS HOPE HACKETT.—1st Vice President.

MR. ROBERT D. MOORE.—2nd Vice President.

MRS. CHARLES WALTER.—3rd Vice President.

MISS MABEL NORRIS.—4th Vice President.

MISS ANNA BOWERS.—Secretary.

MISS LUCILLE PARR.—Treasurer.

MISS ALTA PRICE.—Assistant Treasurer.

MISS EDNA WROTH.—Cook Book Treasurer.

MRS. ROBERT D. MOORE.—Supt. Junior League

MRS. HOWARD RASIN.—Organist.

MRS. F. B. HARPER.—Assistant Organist.

MRS. A. J. HACKETT.—Chorister.

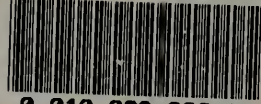
TABLE OF CONTENTS

Preface	3
Afterword	99
Breads, Cakes and Waffles	11-12
Butters and Sauces	32-34
Cake	49-56
Candies	61-64
Canning, Preserving and Pickling	65-73
Cheese	73
Curing Meats	74-76
Dumplings	24
Eggs	24-36
Fish	13-14
Frozen Desserts	37-46
Game	23
Icings	56-57
Meats	17-20
Pies	46-48
Salads	37-46
Shell Fish	15-17
Small Cakes	58-61
Soups	11-12
Table of Measures	76
Vegetables	26-31

NEW RECIPES

Beverages	77-78
Bread, Cakes, Etc	78-81
Candy	84-85
Emergencies	92-93
Feeding the Child	88-89
Jams and Marmalades	85-86
Sick Diet	91
Recipes for Sugarless Days	82
Salt Hints	93
Soups and Salads	83-84
Pickles	87
Vegetables	82

LIBRARY OF CONGRESS



0 010 093 269 6

